

Case Study 3: The Painful Shoulder

46-year-old Caucasian male who has been participating in gym-based weight lifting exercises for years presents with a two-year history of chronic shoulder pain. He has failed conservative measures. He has not had an MRI study. He was seen for interventional orthopedic consultation. Ultrasound examination noted to the right demonstrated full-thickness tear with full retraction of the supraspinatus tendon. The tissue defect was much too large to consider regenerative injection therapies. MRI was ordered and the patient was referred to orthopedic surgery for surgical rotator cuff repair. It is important to emphasize that there are certain rotator cuff pathologies that are conducive to regenerative injection therapies and others that are better suited for orthopedic surgery. Interventional regenerative orthopedic medicine has its place in providing non-operative orthopedic intervention, but a multidisciplinary approach is always necessary.