



# Shoulder & Elbow Care

Whether you are suffering from a torn rotator cuff or complex instability of the elbow, our shoulder and elbow specialists have expertise in treating a wide range of shoulder and elbow problems. Our team of fellowship-trained physicians, nurses, and physical and occupational therapists are skilled at treating common and complex conditions.

## OUR TEAM

Our shoulder and elbow service is recognized as one of the nation's most experienced centers for shoulder replacement, rotator cuff repair and shoulder instability surgery. We collectively see over 10,000 patient visits per year. Our team is actively involved in research designed to improve clinical outcomes from these procedures.

## TREATMENT APPROACH

With a multidisciplinary approach to the evaluation and management of shoulder and elbow conditions, the team is adept at comprehensive evaluations to determine the extent of a condition as well as the optimal treatment program for each patient. For many, conservative treatment and rehabilitation options are highly successful. Among the non-surgical procedures performed to relieve pain and improve function is the use of fluoroscopic-guided injections into painful or arthritic joints.

When surgery is recommended, patients benefit from our expertise and excellent outcomes with minimally invasive procedures, including arthroscopic surgery.

### Common minimally-invasive procedures performed on an outpatient basis include:

- Debridement and release for elbow osteoarthritis
- Elbow arthroscopic procedures
- Frozen shoulder release
- Joint contracture release
- Labral repair
- Rotator cuff repair
- Shoulder arthroscopic procedures
- Shoulder instability surgery
- Tendon transfers
- Tennis elbow debridement
- Treatment for biceps disorders

When necessary, traditional open-surgery procedures can optimize patient recovery and mobility. These procedures can be performed on an outpatient basis. Our physicians are experts in both shoulder and elbow joint replacement, and in the reconstruction of complex fractures around the shoulder and elbow. Computer-assisted shoulder arthroplasty is performed for complex arthritic deformities.

In some cases, fractures can be repaired using less invasive percutaneous fixation techniques, eliminating the need for casting, although a splint is still required. Our inpatient and outpatient rehabilitation focuses on rapidly restoring motion, strength and function.

## Advanced Techniques



We are one of the nation's most experienced centers for shoulder replacement and rotator cuff repair surgeries.

Through the use of minimally invasive surgical techniques, patients are often able to recover faster with less pain and better mobility.



### COMMONLY TREATED CONDITIONS

- Biceps tendon disorders
- Elbow or shoulder dislocation or instability
- Fractures involving the shoulder or elbow
- Frozen shoulder syndrome and shoulder pain
- Joint replacement for shoulder or elbow conditions
- Reverse shoulder arthroplasty
- Osteoarthritis and inflammatory arthritis in the shoulder or elbow
- Biology of rotator cuff healing

### COMMONLY PERFORMED PROCEDURES

- Debridement and release for elbow osteoarthritis
- Elbow arthroscopic procedures
- Frozen shoulder release
- Joint contracture release
- Labral repair
- Rotator cuff repair
- Shoulder arthroscopic procedures
- Tennis elbow debridement
- Treatment for joint instability
- Treatment for biceps disorders

### RESEARCH AND CLINICAL TRIALS

We are nationally recognized for orthopedic research and premier clinical care. Our research program is consistently a top-funded orthopaedic program in the United States by the National Institutes of Health.<sup>1</sup> For information on current research and clinical trials available, please visit our website at: [ortho.wustl.edu](http://ortho.wustl.edu).

Source: <sup>1</sup>Blue Ridge Institute for Medical Research  
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Schedule an appointment:

 (314) 514-3500

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