

STEVEN CHUDIK MD

SHOULDER, KNEE & SPORTS MEDICINE

Shoulder Arthroscopy for Loose Body Removal

Indications for Surgery

Cartilage, the protective surface that covers the ends of our bones, helps our joints move smoothly and pain-free. Cartilage may become damaged with age, wear and tear, or injury. Injury to cartilage and its underlying bone can cause a loose fragment to break away and float freely in the shoulder joint. Loose fragments often cause mechanical symptoms such as locking, catching, and intermittent sharp pains. The purpose of the arthroscopic surgery is to repair or remove the loose body and assess the cartilage surfaces of the shoulder. In some cases, the loose body can be returned to its proper position and fixed back in place. But often, the fragment is too deformed or fragmented to be returned to its position and heal. In cases where the fragment is not repairable, Dr. Chudik will attempt to repair the damage when possible or debride (clean-up) the torn or frayed ends back to stable borders so the damage does not continue to propagate, catch, or cause irritation.



Arthroscopic photo of a loose body

Contraindications to Surgery

- Infection of the shoulder
- Inability or unwillingness to complete an appropriate postoperative rehabilitation program
- Diffuse, advanced arthritis (damaged cartilage) of the shoulder without mechanical symptoms

Potential Surgical Risks and Complications

- Infection
- Shoulder stiffness
- Continued pain and progressive arthritis
- Weakness of the rotator cuff muscles if proper rehabilitation is not performed
- Persistent swelling and progression of arthritis



STEVEN CHUDIK MD

SHOULDER, KNEE & SPORTS MEDICINE

Hospitalization and Anesthesia

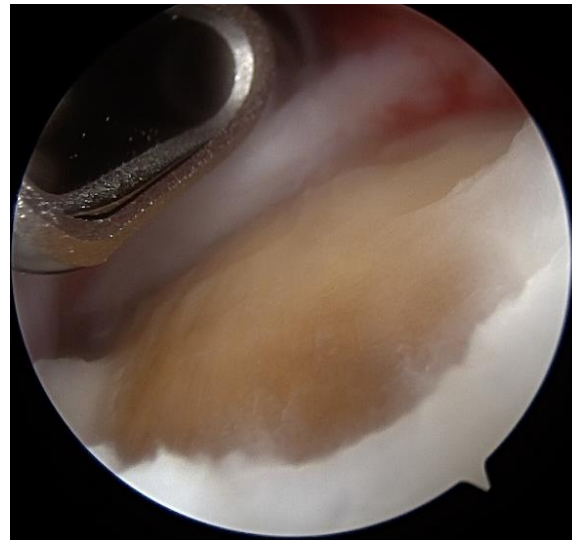
- Outpatient surgery (you go home the same day)
- Light general anesthesia with an interscalene block

General Surgical Technique

Dr. Chudik performs arthroscopic surgery with the assistance of an arthroscope, a small camera that allows you look inside the shoulder through small incisions. Small arthroscopic shavers and grasping instruments are used to remove the loose body and contour the cartilage. For some lesions, Dr. Chudik may prepare the exposed bone surface to create bleeding and a healing response or perform other cartilage preservation techniques



Arthroscopic debridement



Exposed bone without protective cartilage

Post-Operative Course

- Keep the wound clean and dry for the three days following arthroscopic surgery, then you may shower but not submerge the wounds for three weeks.
- You will a sling for approximately two days or up to six weeks depending on the severity of the cartilage damage and other shoulder findings.
- Physical therapy should begin two to three days after surgery and continue for approximately three to four months depending on severity. It is crucial to follow through on and maintain a proper therapy schedule.



Orthopaedic Surgery & Sports Medicine
Teaching & Research Foundation
otrfund.org

630-324-0402 • contactus@chudikmd.com
stevenchudikmd.com

© 2024 Steven Chudik MD Shoulder, Knee & Sports Medicine. All rights reserved.



Schedule online now

STEVEN CHUDIK MD

SHOULDER, KNEE & SPORTS MEDICINE

Preoperative Instructions

- Discontinue birth control pills
- Stop blood thinners such as aspirin, Coumadin[®], Lovenox[®], Xarelto[®], Eliquis[®] according to the prescribing doctor's directions
- Stop anti-inflammatory medicines such as ibuprofen, Advil[®], Motrin[®], Naprosyn[®], Alleve[®], etc.)
- Stop nutritional supplements and drinks like Vitamin C, ginseng, ginkgo biloba, etc.
- Stop smoking for surgery and during the first six weeks postoperatively to allow proper tissue healing

Do not eat or drink anything from midnight, the evening before surgery

Scheduling Surgery

Call Dr. Chudik's surgery scheduler at 630-324-0402, or email contactus@chudikmd.com to:

- Schedule the date and location of surgery
- Schedule an appointment with Dr. Chudik's PA to complete pre-operative surgical education and other requirements
- Schedule a post-operative appointment with Dr. Chudik's team to remove sutures and review post-op instructions

Notify My Office if Symptoms Worsen



Orthopaedic Surgery & Sports Medicine
Teaching & Research Foundation
otrfund.org

630-324-0402 • contactus@chudikmd.com
stevenchudikmd.com

© 2024 Steven Chudik MD Shoulder, Knee & Sports Medicine. All rights reserved.



Schedule online now