

Rotator cuff surgery

Our shoulder joint is the most flexible joint in our body. We use it every day for the simplest of movements, but don't always appreciate the strain it comes under. Over time, it can become painful as wear and tear or injury causes the group of muscles (the rotator cuff) around the joint to tear.

Usually, pain in the shoulder joint should recover on its own with some rest time. However, if the pain lasts for longer than several days, or you find everyday movements such as combing your hair becomes too painful, it's time to seek medical advice.

A safe recovery supported by tailored physiotherapy



The team of Orthopaedic Specialists at our facilities are here to help you get back to doing the things you love and will support you every step of the way. The first step is to meet with a Consultant to identify the potential cause of your shoulder or rotator cuff pain to determine the best treatment for your needs. You can choose to have this appointment at KIMS Hospital or Sevenoaks Medical Centre.

Before your operation, it is always best to be well informed about your procedure. You can ask your Consultant any questions you may have about your shoulder surgery to help support your recovery. The Physiotherapy teams will also work with you on a programme to support a safe and speedy recovery that is tailored to your requirements.

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Prices & payment

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Rotator cuff surgery

from £8,083

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Mr Nik Bakti

KIMS Hospital+1 location

[View profile](#)



Mr Keith Borowsky

Available at
KIMS Hospital

[View profile](#)



Mr Howard Cottam

KIMS Hospital+1 location

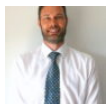
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Mr Abhinav Gulihar

KIMS Hospital+2 locations

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Mr Daniel Neen

KIMS Hospital+2 locations

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Mr David Rose

Available at
KIMS Hospital

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Professor Bijayendra Singh

KIMS Hospital+1 location

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Mr Ravi Singh

KIMS Hospital+2 locations

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Mr Dimitri Yanni

Available at
KIMS Hospital

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What to expect from rotator cuff surgery

What does rotator cuff surgery involve?

The aim of the surgery is to repair the tear in the tendon(s). This is almost always performed as a minimally invasive arthroscopic (keyhole) procedure.

Where will my surgery take place?

All surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

How long will I stay in hospital?

Most patients are able to go home the same day of surgery, but some patients are occasionally admitted for an overnight stay. This is dependent on the progress you make following your procedure as well as the time of day your procedure takes place.

Your Consultant will be able to discuss this with you prior to your procedure and you will learn about rehabilitation from our Physical Therapy team.

How long will it take to recover?

The pain should ease shortly after the surgery with the help of pain relief given during your stay. You will also be given pain relief to take home.

It is important that you give yourself the time to heal properly and complete your physiotherapy programme following surgery. Recovery time will vary from patient to patient, but you will have to wear a sling for up to four weeks and may find that use of your arm is restricted during this time.

Rehabilitation typically takes two to four months but, in some cases, may take up to a year. Your Consultant will be able to discuss pain control and length of recovery with you during your consultation.

When can I drive and go back to work?

It may be between five to six weeks from your procedure before you can drive again. Your Consultant or Physiotherapist will be able to advise you at your review appointment.

Depending on your job, it is likely you will need to take some time off work to support your recovery. You should discuss your progress during your review appointment for advice on



returning to work.

What is the cost of private rotator cuff surgery at KIMS Hospital?

A private rotator cuff surgery at KIMS Hospital starts from £8,083. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.