

Shoulder & Elbow



Reading Shoulder Unit



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Verso TSA in patient with arthritis and massive rotator cuff tear with progressive MS (Multiple Sclerosis)

When I was first diagnosed with MS (Multiple Sclerosis) it was a relief to have a name to put to all the strange and painful things that were happening to my body. This though did not help with managing the symptoms but time teaches you to adapt the way that you cope.

At first I thought the extreme pain in my shoulder was connected to having ms but then after numerous visits to my GP I was referred to the shoulder unit at RBH. X-rays and tests followed BUT it proved that there was a physical reason for the pain, my shoulder joint was 'worn-out'. My words I don't know what the doctors would call it but-

Two years ago I had a rotator cuff repair which was a straightforward operation to try to repair a worn out muscle which had a large tear. This did not solve the problem and even though I had physio for weeks it remained very painful and still useless, as by that point I could not lift my arm or do anything for myself which was worse than being in pain.

It is when you cannot do things for yourself that you realise how much you take your ability to do these things for granted.

After many months I was referred back to the shoulder unit and I first met Professor Levy and he explained that to remedy the way my shoulder didn't work he could do an operation called a verso replacement. I didn't understand then just what this would mean.

I read all the paperwork the good points and the 'whatifs' and realised I had nothing to lose so I consented to the operation. Best decision I could of made.

I had my operation July 2010 and today August 8th 2011 I can honestly say this operation has given me back my independence. I can comb my hair, I can lift plates, the silly things that I had not been able to do for over ten years, I feel so grateful for the skill, the care and the dedication of the whole team. You have changed my life so much a thank you doesn't seem enough.

If you are reading this after being given the option of an operation I would say you have nothing to lose but everything to gain. The operation is painful its not a walk in the park but for me it has been so very worth it. I have a life again without the pain that was driving me mad.

The physiotherapy afterwards is painful but for the best results you have to work at it, yes I know its painful but if you want the best results you have to do the work. The team led by Professor Levy do their best to help us so it is our responsibility to do the rest of it.

Thanks again to all of the team and especially the Professor for his skill.

Mrs Allan



