

## Experienced Specialist Treats Painful Shoulders With 20-Minute Surgery

More than 4 million people in the U.S. seek medical care each year for shoulder problems. For those over age 40, one of the most common reasons is a rotator cuff tear. "This usually painful condition occurs when the tendons that hold the shoulder joint in place become damaged," explains board-certified orthopaedic surgeon J. Michael Kioschos, M.D., founder and president of Nashville Orthopaedic Specialists, PC.

Rotator cuff tears can be present in younger patients, especially those who have experienced a traumatic injury. It is much more prevalent among mature adults who have subjected their shoulders to years of repetitive overhead activities, heavy lifting and falls, or whose soft tissue has degenerated.

While a lifetime of use and abuse can cause a rotator cuff tear, a 20-minute outpatient surgery can bring relief. Dr. Kioschos, known as "The Shoulder Doc," is among the nation's most experienced orthopaedic surgeons in the highly specialized field of arthroscopic shoulder surgery. He performs a minimally invasive procedure that restores pain-free mobility through small buttonhole-type incisions.

Arthroscopic surgery of the shoulder is very challenging and many orthopaedic surgeons perform



J. Michael Kioschos, M.D.

only a few each year. Dr. Kioschos, whose career is dedicated exclusively to the operative and nonoperative treatment of shoulder disorders, performs more of these advanced operations than any other specialist in Middle Tennessee. "Using the arthroscope gives me a better view of the area I'm treating than traditional open surgery. It also produces less bleeding and scarring for the patient. Postoperative discomfort is much less, and recovery is faster," he says.

Dr. Kioschos completed a highly specialized fellowship in Shoulder and Elbow Surgery and received additional fellowship training in Sports Medicine at the Florida Orthopaedic Institute (FOI) in Tampa, Fla. Practicing with Nashville Orthopaedic Specialists, PC, he is active in designing new shoulder surgery instrumentation and implants. His research in the field of shoulder surgery has been presented nationally and internationally.

Dr. Kioschos emphasizes that most rotator cuff tears can be treated without surgery. Rest, nonsteroidal anti-inflammatory medications, physical therapy and the judicious use of corticosteroid injections can be very effective. Surgery is usually recommended when these nonoperative approaches cannot bring relief in a relatively short period of time.

For further information, contact Nashville Orthopaedic Specialists, PC at 615-329-2225, or visit [www.thesoulderdoc.com](http://www.thesoulderdoc.com).

"Patients should not try to 'play through' shoulder pain or unnecessarily endure discomfort and weakness of the shoulder," says Dr. Kioschos. "Treatment is easily tolerated by patients and restores full, active lifestyles."

Seek treatment if:

- Nighttime shoulder pain prevents you from sleeping on the affected side.
- You experience muscle weakness, especially when attempting to lift the arm.
- You hear catching and grating or cracking sounds when the arm is moved.
- Your range of motion becomes limited.



**NASHVILLE**  
Orthopaedic Specialists, PC

Nashville Orthopaedic Specialists, PC

356 24th Ave N, Ste 200 | Nashville, TN 37203 | 615-329-2225

[www.thesoulderdoc.com](http://www.thesoulderdoc.com)