

Upcoming Speakers

3/29 - **Lori Brown**, Executive Director, Purchase Area Sexual Assault & Child Advocacy Center (PASAC), "Hope, Heal, Grow"

4/5 - **Joe Bell**, Vice President of Corporate Communications, The Cafaro Company, "Kentucky Oaks Mall Update"

4/12 - **Kentucky Chautauqua Performance** "Daniel Boone"

4/19 - **U. S. Congressman James Comer**, "The First 100 Days"

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Bruce Akin

March 26

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March 28

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March 29

Brandon W Morgan

GearTeeth

The Rotary Club of Paducah



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Rotator Cuffs: "They Don't Heal Themselves"

March 22, 2017



Speaker: Dr. Spencer Romine, Orthopedic Institute of Western Kentucky. Dr. Romine was introduced by Rotarian Joni Goodman.

Topic: Explanation of the body's rotator cuff, symptoms of a cuff tear, and repair options.

Top Ten Takeaways for Rotarians:

-According to Dr. Romine, rotator cuff problems are extremely common, with over 50% of people over 65 years old experiencing a rotator cuff tear.

-One of the biggest problems, he says, is the misunderstanding that it "heals itself."

-The rotator cuff is a combination of four tendons, with muscles, that have three main functions: elevating the arms, powering internal and external rotation. The "cuff" of muscles surround the humeral head, or, "ball" depressor in the shoulder.

-Tears occur either from trauma such as severe lifting away from the body (outstretched arms) or impact from a fall with outstretched arms. The severity of the tear typically correlates with the patient's age. Rotator cuff tears can also result from degenerative circumstances such as repetitive motion of the shoulder, inadequate blood supply, or bone spurs.

-Symptoms that may indicate a rotator cuff problem: pain along the side of your shoulder; loss of sleep because of shoulder pain; pain from raising your arm to the side or overhead; weakness in the shoulder and upper arm.

-Dr. Romine described the two types of rotator cuff tears, partial and complete. Treatment options for a partial/incomplete tear are determined by the extent of the tear (50% more/less), length of time of symptoms, degree of pain, a patient's physical demands, and patient preference (non-operative or surgical). Four primary non-operative treatments include taking NSAID medication (ibuprofen, etc.), corticosteroid injections, physical therapy, and activity modification (rest).

-If non-operative methods fail to work, or if there is a high degree of damage to the rotator cuff, surgery is recommended. Surgery typically consists of arthroscopic repair, or a replacement device.

-After surgical repair, Dr. Romine warned patients to "not cheat" on their rehabilitation process. Patients typically wear a sling for six weeks and participate in stretching and strengthening exercises for at least three months. The healing rate from rotator cuff surgery is typically about 10% improvement per month.

-When non-operative treatment isn't successful, or if surgical repair doesn't seem possible, replacement is recommended. Reverse Total Shoulder Arthroplasty (RTSA) is performed to relieve pain and restore function to the injured shoulder. RTSA comes with a small risk of infection (1%) and possible instability. It is also the "last resort" for repairing a rotator cuff injury.

-Dr. Romine suggested that exercise and reasonable light weight lifting were good for keeping the tendons and muscles in the rotator cuff strong, especially as we age.

March 31
Charles R Manchester
April 02
Marvin G. Devers
April 05
William Edward Barker
April 07
Maurie McGarvey
April 07
Laurie Latham
April 09
Edward Grant
April 13
William E. Hay
April 17
Bonnie Schrock
April 17
Mark D Mitchell
April 20
Jon Deaton
April 21
Desiree Owen
April 21
Susan P. Carr
April 21
Joseph David Bailey III
April 21
Roy Lowdenback
April 22

Announcements

March 22, 2017

Quilt Show - Rotarian Randy Bridges reminded club members to sign up for volunteer shifts at the Annual Rotary Antique Quilt Show. The show runs from April 25th through the 29th at the Cherry Civic Center in Paducah. Sign-up sheets will be available at club meetings.

Charitable Donations - Charitable gifts were made to two organizations. Shirley Barlow accepted a check on behalf of the River City Mission. Betty Dobson accepted a check on behalf of the Upper Town Heritage Foundation/Hotel Metropolitan.

Guests

March 22, 2017

Bethany Romine – guest of Joni Goodman
Zack Dunn – guest of Jim Dudley
Linda Jackson – guest of Ron Jackson
Steve Christmas – guest of Sandra Wilson
George Bray – guest of Ken Wheeler
Claire Kelly and Darby Moffatt – student guests from Paducah Tilghman
Zach Althouse, Barton Christmas, and Alex Bohannon – student guests from McCracken County