



BY MICHAEL T. LU, MD

# Rotator Cuff Surgery: Simply Life-Changing



For Eugene Fiorvanti, 20 years of living with constant shoulder pain were long enough. A powerlifter in his younger years and one who delivered newspapers for twenty years, the wear and tear of heavy lifting took its toll on Eugene’s shoulder. “I knew there was something wrong with my shoulder, but I found ways to get around fully using it. There was never the “right time” to get my shoulder fixed” remarked Fiorvanti who works as a special education teacher in the Perth Amboy district. “I had to keep working and couldn’t afford to be out of work for an extended period. Luckily for me, Covid changed all that as I was working from home and I figured now is as good of a time as any to get my shoulder fixed”.

Luckily for Fiorvanti, he found the right surgeon in Dr. Micheal Lu, who diagnosed Fiorvanti with a massive rotator cuff tear. The plan was for Eugene to undergo a superior capsular reconstruction in conjunction with a rotator cuff repair in October 2020. This innovative procedure involves the placement of an allograft to augment the rotator cuff repair. “This may be a good option for people with irreparable rotator cuff tears who may not be a candidate for a reverse total shoulder arthroplasty” noted Dr. Lu. Eugene noted that “the surgery went well and I followed Dr. Lu’s protocol to the letter. I was in a sling for 3 weeks and then started physical therapy for six weeks. Within 3 weeks, I was feeling better and could do most activities of daily living. By February, I had completed PT and I was back at the gym and feeling awesome!” “The surgery not only fixed my shoulder, but it really gave me a new lease on life! At six months, I was in Myrtle Beach on a vacation and I decided to give body surfing a try. I wanted to put my shoulder to the test. Much to my surprise, I was back riding the waves and having fun again.. By 8-9 months, I would say I was 95-100% and no longer even thought about the fact that I underwent shoulder surgery. It literally was a new lease on life. I got sick and tired of being sick and tired. I turned off the news, got back to the gym, began eating better, walking every night, and since the surgery I have lost 75 pounds! I want to be an example for others who may be having shoulder issues that have limited their activity and let them know, they have options. I want to let people know that you don’t have to be a hostage of life. I’m really lucky I found Dr. Lu. His surgical expertise and compassionate care have really made a huge difference in my life. I’m so happy, I want to squeeze Dr. Lu and give him a big hug.” Eugene Fiorvanti is a living, thriving example of a patient who really has gotten his “Life in Motion”.



Rotator cuff tear



Rotator cuff repaired



Scan to learn more about Dr. Michael Lu

Dr. Lu is an upper extremity specialist and sees patients in the Avenel and Morganville offices.