

## Thriving After Rotator Cuff Surgery

### Adam Retzler's Journey of Resilience and Recovery

Adam Retzler's journey with Dr. Steven Chudik began nearly 15 years ago when Dr. Chudik performed surgery on his right bicep. Reflecting on that time, Adam shares, "During that recovery, I was forced to become a temporary leftie, which taught me a new level of humility (and creativity)."

Fast forward to December 2024—while tackling some typical "man-things" in the garage, Adam injured his right shoulder. When it didn't magically heal on its own, he knew exactly who to call. Dr. Chudik confirmed that Adam would require not one, but four procedures on his rotator cuff and shoulder. After the operation, Adam's right arm was benched in a sling for eight weeks.

Determined to remain as independent as possible during recovery despite the pain and setbacks, Adam found creative ways to manage everyday tasks. He bought a shirt two sizes too big and cut the right sleeve for easy access to bandages and icing, explaining, "Wrestling a T-shirt off with one arm wasn't happening."

For personal care, he engineered what he humorously calls "deodorant on a stick" by attaching deodorant to a paint stirrer, allowing him to stay fresh without pain. Facing the challenge of buckling a seatbelt with one arm, Adam added a seatbelt extender, enabling him to safely secure himself in the car like a "contortionist ninja." To avoid accidentally overusing his healing arm, he wore a sweatband on his wrist as a gentle reminder: "Part fashion statement, part 'hey, don't do that' signal."

Throughout recovery, Adam attended physical therapy up to three times a week, gradually regaining strength and mobility. "It wasn't glamorous, but it worked," he says.

With unwavering support from his wife and expert guidance from Dr. Chudik and the care team, Adam's perseverance paid off. He is now feeling significantly better, back to being active and thriving once again. Adam's journey exemplifies how determination, expert care and creative problem-solving can lead to a successful recovery and renewed strength.



Adam proudly building his garden post-surgery, with a little help from his dog, Hazel.