

Dr Joe Coory

SHOULDER & UPPER LIMB SURGEON

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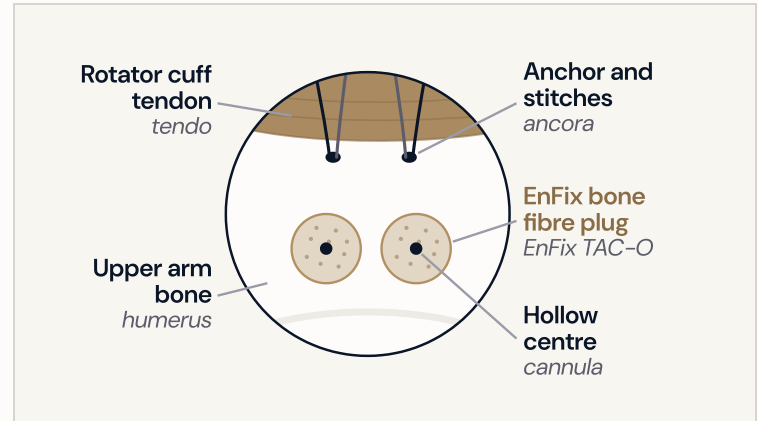
04 RECOVERY

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UNDERSTANDING YOUR TREATMENT

EnFix implant

A small plug of natural bone fibres placed in the bone where your rotator cuff tendon is reattached. It helps the tendon grow back into the bone the way it was originally joined, rather than healing with weaker scar tissue.



WHAT IT IS

EnFix is a small plug made from natural **bone fibres** that have been specially treated. It is placed during your keyhole rotator cuff repair, alongside the anchors and stitches that hold the tendon down.

Where a tendon joins bone there is a special attachment zone, called the **enthesis**, which blends gradually from tendon into bone. After a standard repair this zone often heals with scar tissue instead, which is weaker. EnFix is designed to help the natural attachment grow back.

It works in three ways:

- **Inside the bone:** it sits in the bone right where the tendon is reattached, which is where healing starts.
- **Natural healing signals:** the bone fibres carry the body's own growth signals, which encourage organised new tissue rather than scar.
- **Hollow centre:** blood and bone marrow flow up through the plug to the repair, bringing healing cells with them.

WHY IT IS USED

The weak point of a rotator cuff repair is where the tendon meets the bone. Helping that attachment rebuild itself, rather than scar over, gives the repair a stronger and more natural hold and lowers the chance of it tearing again. Dr Coory will tell you whether it suits your tear.

WHAT TO EXPECT

- The plug is placed during your keyhole surgery, through the same small cuts. It does not add a separate operation or a separate scar
- It works alongside the anchors and stitches of your repair. It does not replace them
- Healing at the attachment builds gradually over months, so the repair keeps getting stronger well after the shoulder feels comfortable
- Your sling, exercises and return to activity still follow the plan for your operation. Your rehabilitation sheet is the guide to follow