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**Synovial Problems Introduction**

The synovial membrane is found in joints like your knee and shoulder. This thin membrane surrounds the inner lining of your joint. Its main function is to create synovial fluid which lubricates and nourishes the joint.

**Synovial Pain**

When part of your synovium becomes inflamed, it can often cause your entire joint to swell and become tender.

**Incisions**

Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.
Visualization
The scope is inserted into the back of the shoulder. Saline solution flows through a tube (cannula) and into the shoulder to expand the joint and to improve visualization. The image is sent to a video monitor where the surgeon can see inside the joint.

Repair
A specialized surgical instrument is used to remove the inflamed portion of the synovium.

End of Procedure
After the removal is finished, the surgical instruments are removed and the procedure is completed.
QUESTIONS FOR YOUR DOCTOR

1. What guidelines should I follow prior to my procedure? Will I need other tests or evaluations before the procedure?

2. Which type of repair will you perform and why is it the appropriate procedure for my condition?

3. What will happen if I don’t undergo the procedure now?

4. How long will the procedure last and will I be under anesthesia?

5. Will I have dressings, bandages, or stitches after surgery? When should they be removed?

6. Will I be given medication after surgery? What tips do you have for me to ease discomfort?

7. How long of a recovery period can I expect, and what kind of help will I need during my recovery? Are there special instructions for eating, sleeping, or bathing?

8. When can I return to work, resume normal activity, drive, and exercise?

9. Are the results permanent?

10. Will I need physical therapy?