

TOTAL SHOULDER ARTHROPLASTY REVERSE

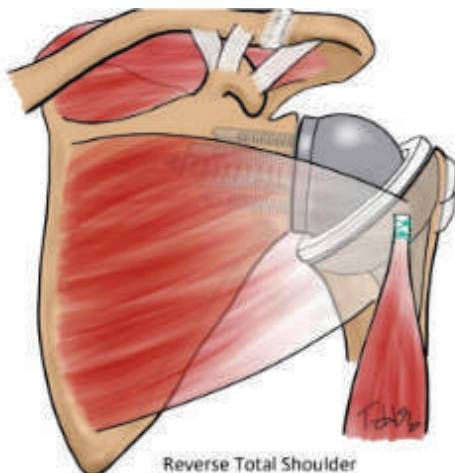
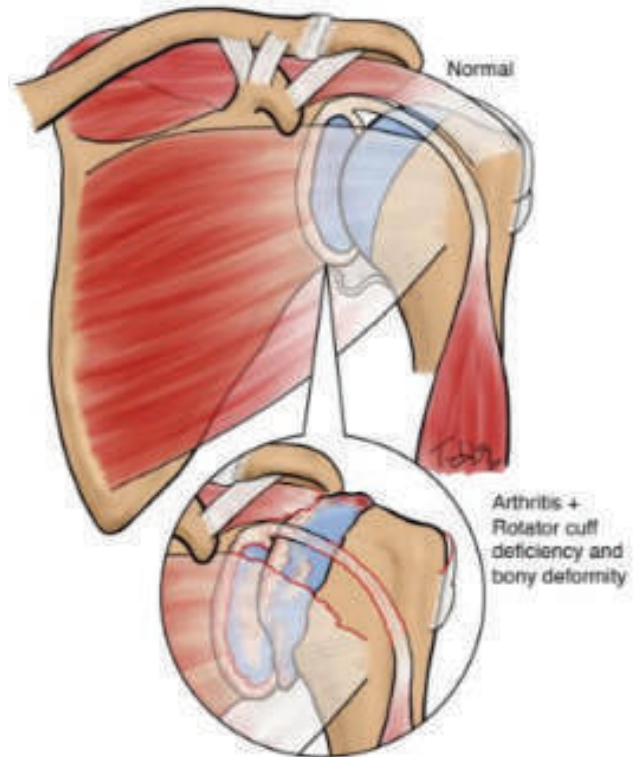
Common diagnosis:

- Shoulder- rotator cuff tear arthropathy
- Osteoarthritis with deformity
- Rheumatoid arthritis
- Post-traumatic arthritis
- Revision shoulder arthroplasty

Description: Most commonly there is “wear and tear” of the smooth tissue (articular cartilage-blue) that lines the bones to cushion and help the joint move freely as a result of advanced rotator cuff tearing, previous trauma or surgery. As this tissue becomes damaged due to this instability there is inflammation and pain. It can result in the inability to raise the arm altogether.

Non-surgical treatment options: Anti-inflammatory measures (ice, heat, NSAIDs, diet), Tylenol, daily stretching, activity modification, or joint injections.

Surgical treatment options: When the condition is advanced, reverse total shoulder replacement can be a very effective treatment to relieve pain and improve function.



Shoulder Replacement Timeline:

- Inpatient (1 night) vs Outpatient
- General anesthesia + nerve block (24 hr+)
- Surgery time: 60 min
- Sling: 6 weeks

Physical Therapy

- Outpatient clinic 1-2 visits/week x 3 months

Recovery

- 1-2 weeks: rest, recover, simple home exercises, consider return to desk/office work
- 2-3 months: Moderate work (10-15lbs)
- Lifelong adjustments to heavy lifting, highly repetitive and strenuous activity is suggested.



For additional information, physical therapy protocols and patient education videos, visit: www.travishendrymd.com or scan the QR code provided.