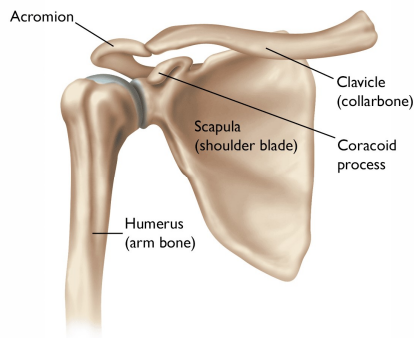


## Shoulder Replacement

Shoulder replacement surgery, also known as shoulder arthroplasty, is a procedure to replace the damaged or diseased parts of the shoulder joint with artificial components. It is typically recommended for individuals suffering from severe shoulder pain and disability due to conditions such as osteoarthritis, rheumatoid arthritis, or rotator cuff tears.



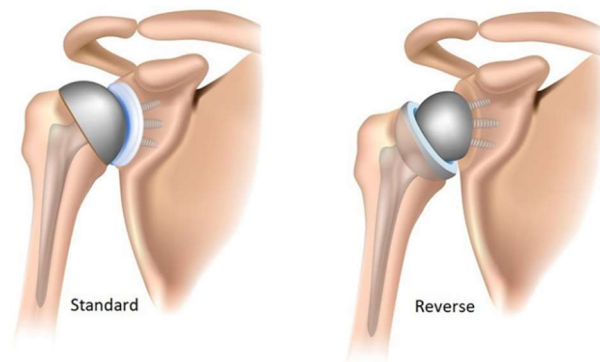
### Shoulder Anatomy

The shoulder is a complex joint consisting of three main bones: the humerus (upper arm bone), the scapula (shoulder blade), and the clavicle (collarbone). The head of the humerus fits into a shallow socket called the glenoid on the scapula, forming the glenohumeral joint.

### Types of Shoulder Replacement Surgery

#### **Total Shoulder Replacement**

Involves replacing both the head of the humerus (the upper arm bone) and the glenoid (the socket in the shoulder blade) with artificial components. This is the most common type of shoulder replacement.



#### **Reverse Shoulder Replacement**

The roles of the ball and socket are reversed. This is often used for patients with rotator cuff tears or other complex shoulder conditions. In this procedure, the ball is attached to the shoulder blade, and the socket is attached to the upper arm bone.

### Indications for Shoulder Replacement

**Osteoarthritis:** damages the cartilage that covers the ends of bones and helps joints move smoothly.

**Rheumatoid arthritis and other inflammatory disorders:** caused by an overactive immune system, the inflammation associated with rheumatoid arthritis can damage the cartilage and occasionally the underlying bone in the joint.

**Rotator Cuff Tear:** Severe damage to the rotator cuff can result in damage to cartilage and bone in the shoulder joint.

**Shoulder Fractures:** Complex fractures that cannot be treated effectively with other methods.

## **Clinical Examination**

Before shoulder replacement surgery, you'll undergo a comprehensive examination, which includes imaging studies such as X-rays, CT scan and/or an MRI. This helps Dr Taylor to plan the approach for surgery, decide which is the most suitable procedure to perform and aids with the positioning of implants intra-operatively.

## **Recovery and Rehabilitation**

After shoulder replacement surgery, most patients stay in the hospital for 1-2 days. Physiotherapy starts soon after the procedure to help restore movement, strength, and function, often continuing for several months. During the early recovery period, it's important to avoid lifting heavy objects, reaching overhead, or engaging in high-impact activities.

## **Risks and complications**

Complications specific to shoulder arthroplasty can include infection, dislocation, the need for a revision procedure, and potential injuries to nerves or blood vessels around the shoulder. Fractures may also occur, although these issues are uncommon. It's important to consider these risks when discussing shoulder replacement. Like other joint replacements, such as hip and knee replacements, a shoulder replacement has a limited lifespan, which can be influenced by the patient's activity level. Dr. Taylor will assess whether this procedure is appropriate for you during your visit.

## **Expected Outcomes**

Most patients experience a notable reduction in pain, along with improved ability to perform daily activities, and an increased range of motion. Overall, the surgery aims to restore quality of life by improving comfort and functionality.