LIFT MY ARM

PATIENT EDUCATION

Why Live with Chronic Shoulder Pain?

Embrace life with

SHOULDER REPLACEMENT

liftmyarm.com

WRIGHT

FOCUSED EXCELLENCE

"I couldn't reach cabinets in my kitchen. It was uncomfortable to drive a lot. I couldn't sleep on my right side. I really felt limited."

Anita | **Age 79** | Reverse Total Shoulder Replacement

You Don't Have to Suffer

THERE IS A RELIABLE, EFFECTIVE SOLUTION

Shoulder replacement (also called shoulder arthroplasty) can offer new hope for patients suffering from chronic shoulder pain. Shoulder replacement is the third most common type of joint replacement, after knees and hips.

Today, orthopaedic surgeons who specialize in shoulders are using advanced bone preservation technologies and implants to relieve pain and restore mobility in patients with compromised shoulder function.

"I had pain that took my breath away from arthritis. Essentially, the day after surgery, that pain was gone."

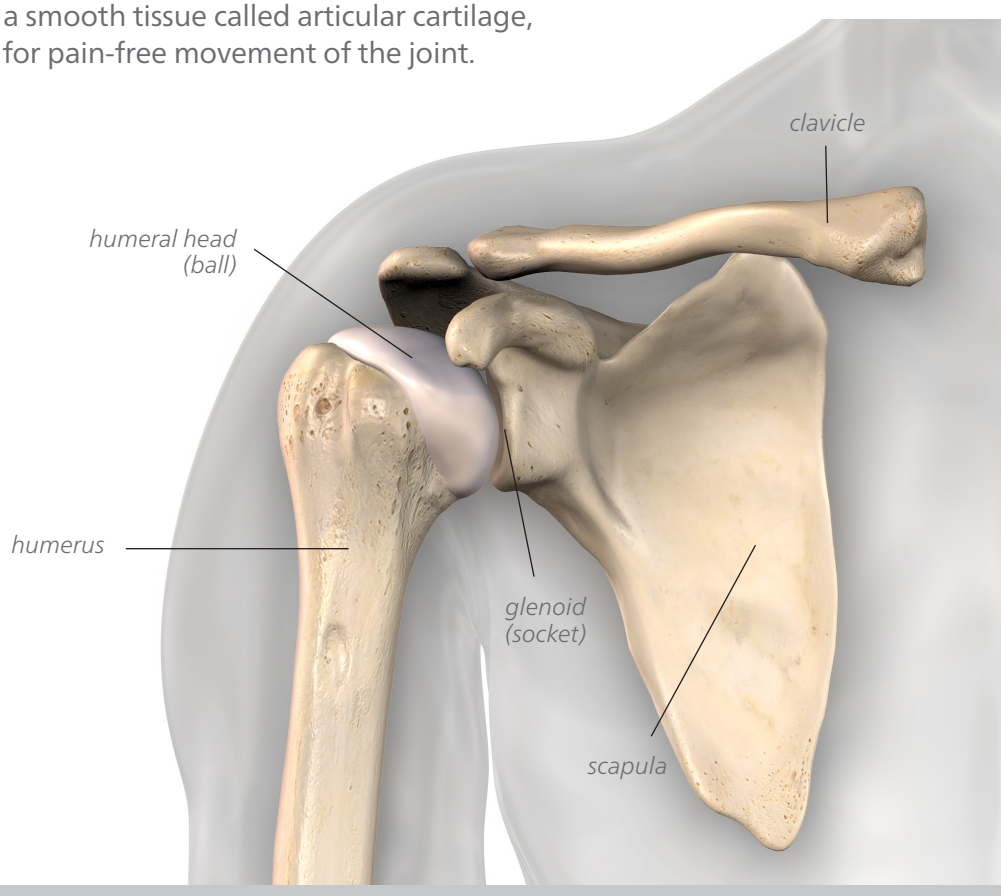
Greg | **Age 55** | Total Shoulder Replacement

Shoulder Anatomy & Conditions

SHOULDER ARTHRITIS

Healthy Shoulder

Your shoulder is a ball-and-socket joint. The ball (humeral head) is on the top of the humerus, the long bone in your arm that runs from your elbow to your shoulder. The ball fits into a socket (glenoid) which is formed by your shoulder blade (scapula) and your collar bone (clavicle). The surface of the ball and socket are covered with a smooth tissue called articular cartilage, which allows for pain-free movement of the joint.



For more information on shoulder replacement, speak with your surgeon and visit:

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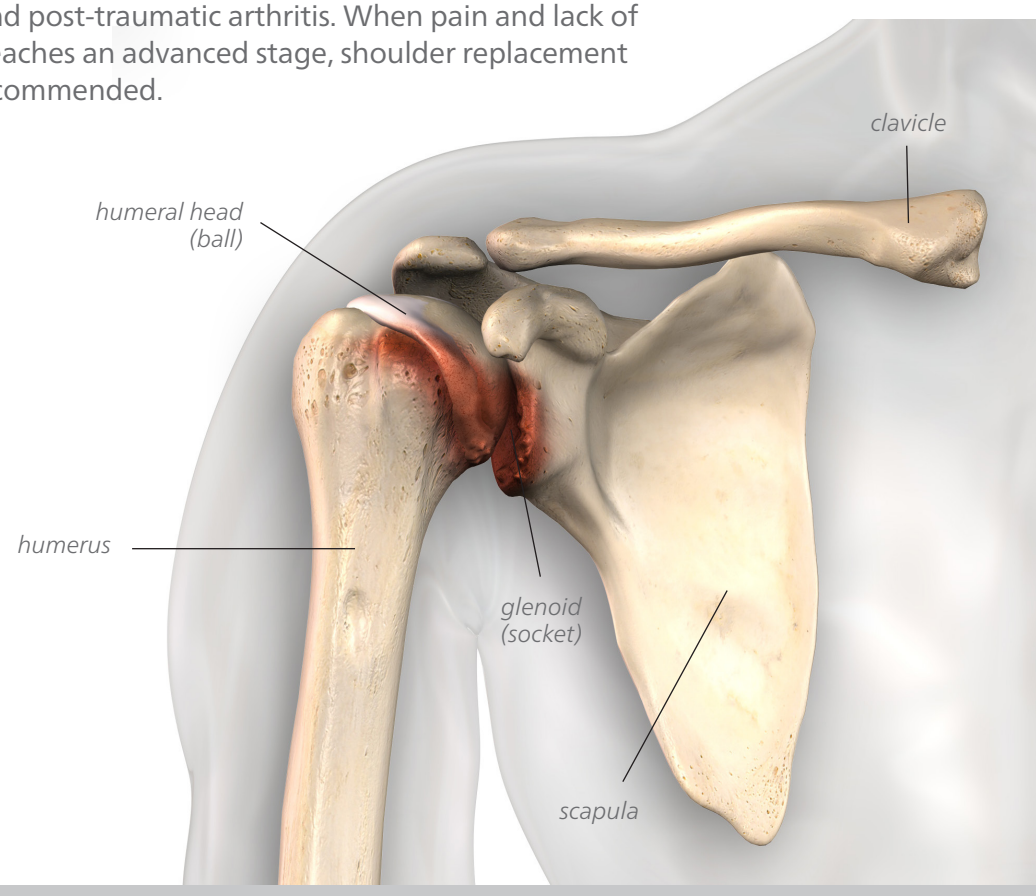
Shoulder with Arthritis

Arthritis causes the cartilage—the smooth tissue covering bones—to break down. When the cartilage breaks down, the ball and socket of the shoulder joint rub against each other, which is painful, causes swelling and limits your range of motion. There are many types of arthritis, the most common types affecting the shoulder are osteoarthritis, rheumatoid arthritis and post-traumatic arthritis. When pain and lack of mobility reaches an advanced stage, shoulder replacement may be recommended.

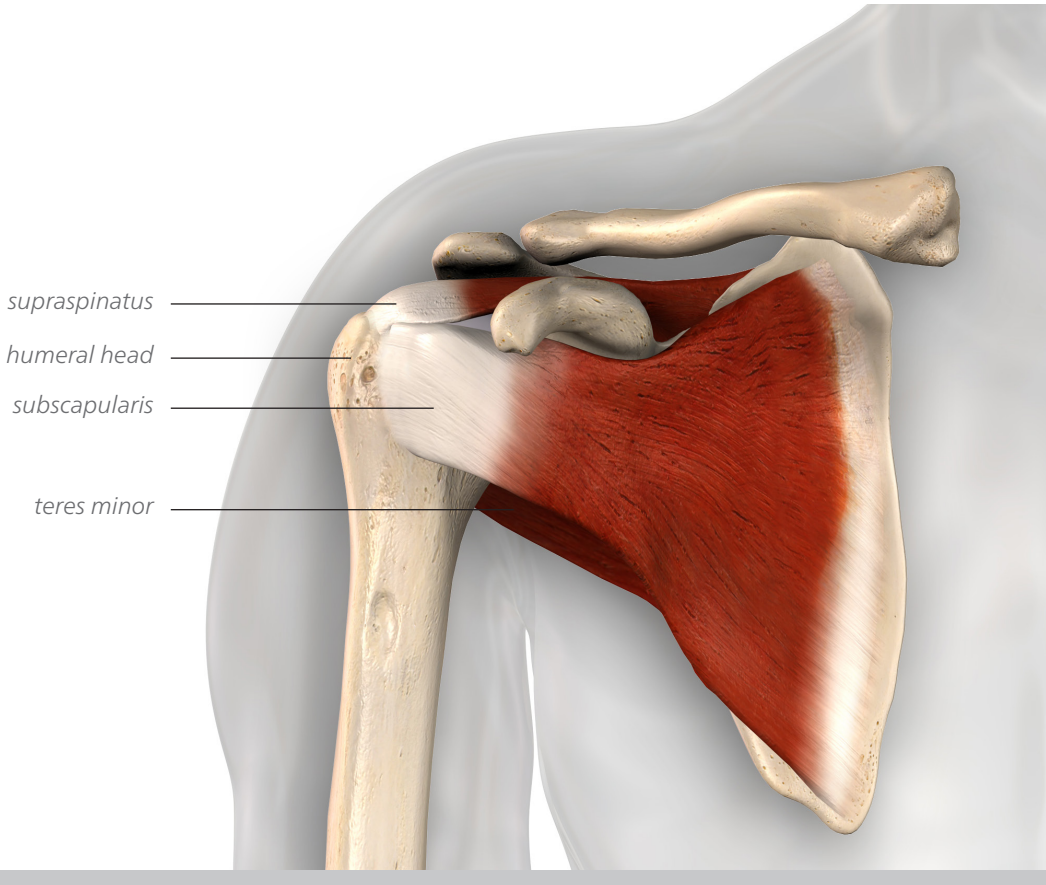


Shoulder Anatomy & Conditions

TORN ROTATOR CUFF & CUFF TEAR ARTHROPATHY

Healthy Rotator Cuff

Your rotator cuff is made up of four muscles that connect as a tendon cuff over the humeral head. A healthy rotator cuff allows you to raise and rotate your arm, move your shoulder in different directions and helps the ball (humeral head) stay centered in the socket (glenoid).



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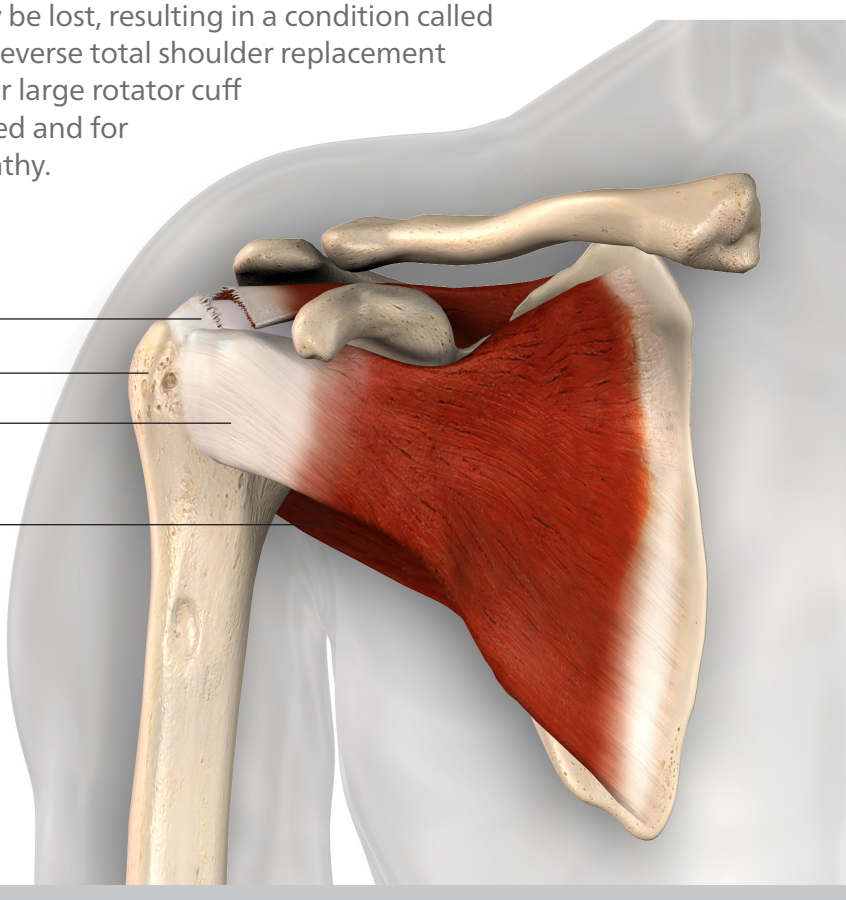
Torn Rotator Cuff

Rotator cuff tears are common, and are more likely to occur after age 40. The tendons that make up the rotator cuff weaken with age and are more likely to tear during a fall, when pulling or lifting with force, or during repetitive overhead activity such as painting, swimming and weightlifting. When a torn rotator cuff is not repaired, the shoulder doesn't move the way it should which causes wear and tear on the joint. Overtime, arthritis develops and all rotator cuff function may be lost, resulting in a condition called ***cuff tear arthropathy***. A reverse total shoulder replacement may be recommended for large rotator cuff tears that can't be repaired and for rotator cuff tear arthropathy.

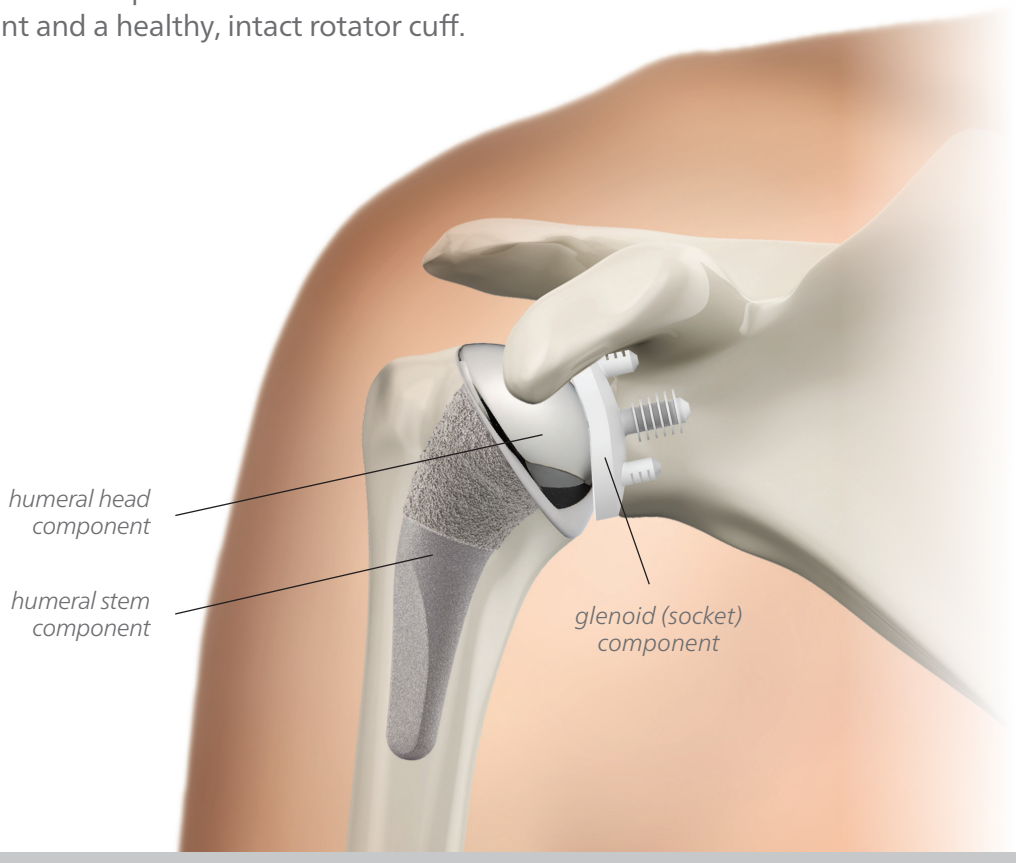


Shoulder Replacement Procedures

PRIMARY & REVERSE TOTAL SHOULDER REPLACEMENT

Primary Total Shoulder

During a primary total shoulder replacement, the ball (humeral head) of the shoulder joint is replaced with an implant that includes a short stem with a smooth, rounded metal head. The socket (glenoid) is replaced with a smooth, rounded plastic cup that fits the head of the ball. Primary total shoulder replacement mimics the natural ball and socket anatomy of the shoulder joint and may be recommended for patients with advanced arthritis of the shoulder joint and a healthy, intact rotator cuff.



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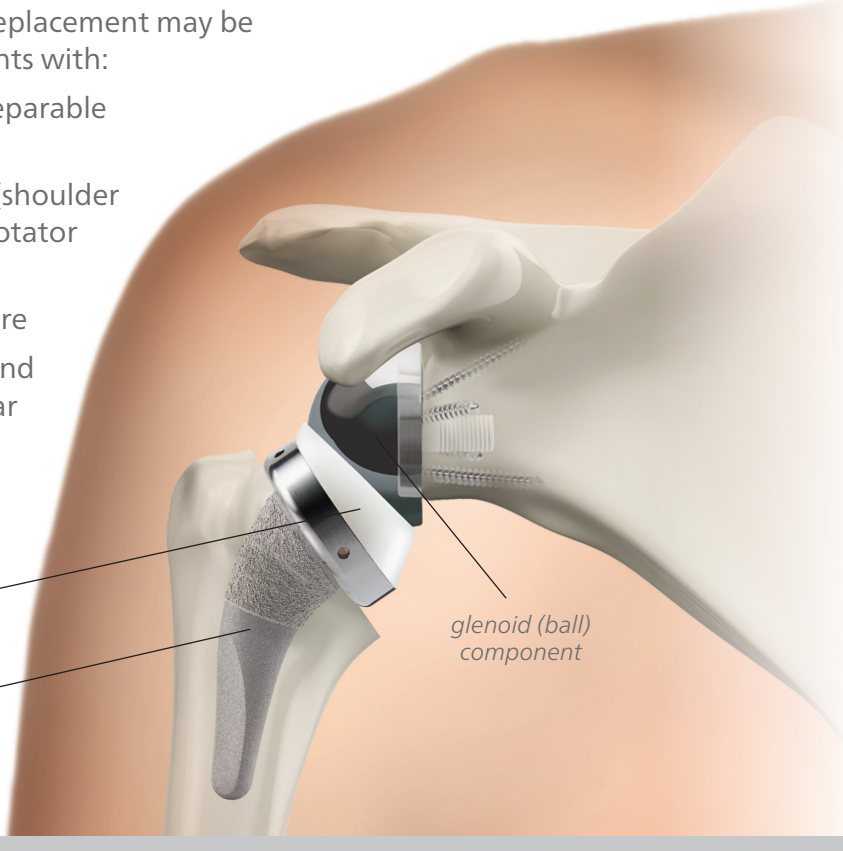
There are two types of total shoulder replacements —**primary and reverse total shoulder replacement**. Both procedures replace the "total" shoulder joint, meaning implants replace both the "ball" and "socket" of the shoulder joint. The procedures differ in the positioning of the ball and socket implants and the muscle groups used for movement after surgery.

Reverse Total Shoulder

During a reverse total shoulder replacement, the ball (humeral head) of the shoulder joint is replaced with an implant that includes a short stem with a curved plastic tray. The socket (glenoid) is replaced with a rounded metal head. Reverse total shoulder replacement reverses the natural ball and socket anatomy of the shoulder joint which allows the stronger deltoid muscles to take over for strength and function.

Reverse total shoulder replacement may be recommended for patients with:

- completely torn or irreparable rotator cuff tendons
- cuff tear arthropathy (shoulder arthritis with a large rotator cuff tear)
- severe shoulder fracture
- shoulder dislocation and a large rotator cuff tear



Your surgeon will discuss your specific condition and explain the potential benefits, risk and considerations of any surgical or non-surgical treatment option to manage your shoulder condition.

Shoulder Replacement Surgery

WHAT TO EXPECT

Shoulder replacement is performed in the hospital by an experienced, specialized surgical team. The procedure generally takes 1-3 hours, and a hospital stay of 1-3 days can be expected.

Most people are able to return to normal everyday activities such as dressing themselves and grooming within the first two weeks after successful shoulder replacement surgery. Your orthopaedic surgeon will let you know when it is safe to drive (generally not until at least six weeks after surgery) and perform other tasks.

Total recovery time is approximately 3-6 months, and physical therapy is required to gain range of motion with the new joint.

As with any surgery, success will depend on your age, activity level and other factors. Your orthopaedic surgeon will determine if you are a good candidate for shoulder replacement surgery, and can help you understand what to expect from the procedure and your recovery.

SHOULDER REPLACEMENT CAN HELP REDUCE OR ELIMINATE SHOULDER PAIN AND CAN ALLOW YOU TO REGAIN RANGE OF MOTION. IT MAY HELP YOU RETURN TO NORMAL DAILY ACTIVITIES.

Is It Time for Shoulder Replacement?

This is a question only you and your orthopaedic surgeon can answer together. If you've tried and failed to get relief from non-surgical treatments it may be time to consider total shoulder replacement.

Some of the topics you and your surgeon may discuss to determine if total shoulder replacement is the right option for you include, but are not limited to:

- current function of your rotator cuff
- your age
- your activity level
- your everyday living expectations
- your overall health

Like any surgery, total shoulder replacement surgery has risks and benefits. Your orthopaedic surgeon will carefully review the potential benefits and risks with you. The performance of a shoulder replacement implant and how long it will last depend on many factors, including your age, weight, activity level, rotator cuff function, overall health, the type of implant used and other factors.

"I don't understand why people in pain don't do something to correct the pain. For me, this surgery was the answer."

Anita | **Age 79** | Reverse Total Shoulder Replacement

This pamphlet contains general medical information and does not replace the medical advice of your physician. If you have questions about your medical condition or exercises, ask your doctor or health care provider.

Talk to your surgeon about whether joint replacement or another treatment is right for you, as well as the recovery time and potential risks of the procedure, including the risk of implant wear, loosening or failure, pain, swelling and infection. Individual results may vary. The performance of joint replacement depends on age, weight, activity level and other factors. For complete product information, including indications, contraindications, warnings, precautions and potential adverse effects, visit ***www.wright.com/shoulder-prescribing-use****.*

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For more information and to find a shoulder surgeon near you, please visit:

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