

What to expect directly after surgery:

- ✔ Directly following shoulder replacement surgery, many patients are unable to move the wrist and /or fingers of the arm that was operated on. This is absolutely normal and occurs due to the anesthetic block used during surgery. The block usually wears off within 24 hours, returning function to the patient's wrist and/or fingers.
- ✔ Patients should expect to have bruising and inflammation in their arm, and hand. This is a natural result caused by the bruising in the shoulder.
- ✔ The patient's arm will be in a sling for the first two to four weeks.
- ✔ Some patients remain in the hospital for a night or two; however, many physicians at Aptiva Health are performing more total shoulder replacement surgeries on an outpatient basis.
- ✔ The day after surgery patients can begin eating solid food.
- ✔ Following surgery, patients will need a driver as they are not permitted to drive for four to six weeks. A day or so following the surgery, your doctor or nurse will give you oral drugs to ease the discomfort. Post-operative physical therapy is started right away, usually on the day of surgery.

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SHOULDER REPLACEMENT SURGERY



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Total shoulder replacement (arthroplasty) is a surgical procedure where portions of the shoulder joint are removed and replaced with artificial implants to reduce pain and restore range of rotation and mobility. This surgery is very successful for treating the severe pain and stiffness caused by arthritic changes within the shoulder joint.

Shoulder arthritis is a condition in which the smooth cartilage that covers of the bones of the shoulder degenerate or disintegrate. In a healthy shoulder, these cartilage surfaces permit the bones to comfortably glide against one another. When these cartilage surfaces disappear, the bones come into direct contact, increasing friction and causing them to roughen and damage each other. Bone-on-bone movement can be quite painful and difficult. Surgically implanted artificial replacement surfaces restore pain-free movement, strength and function in the shoulder joint.

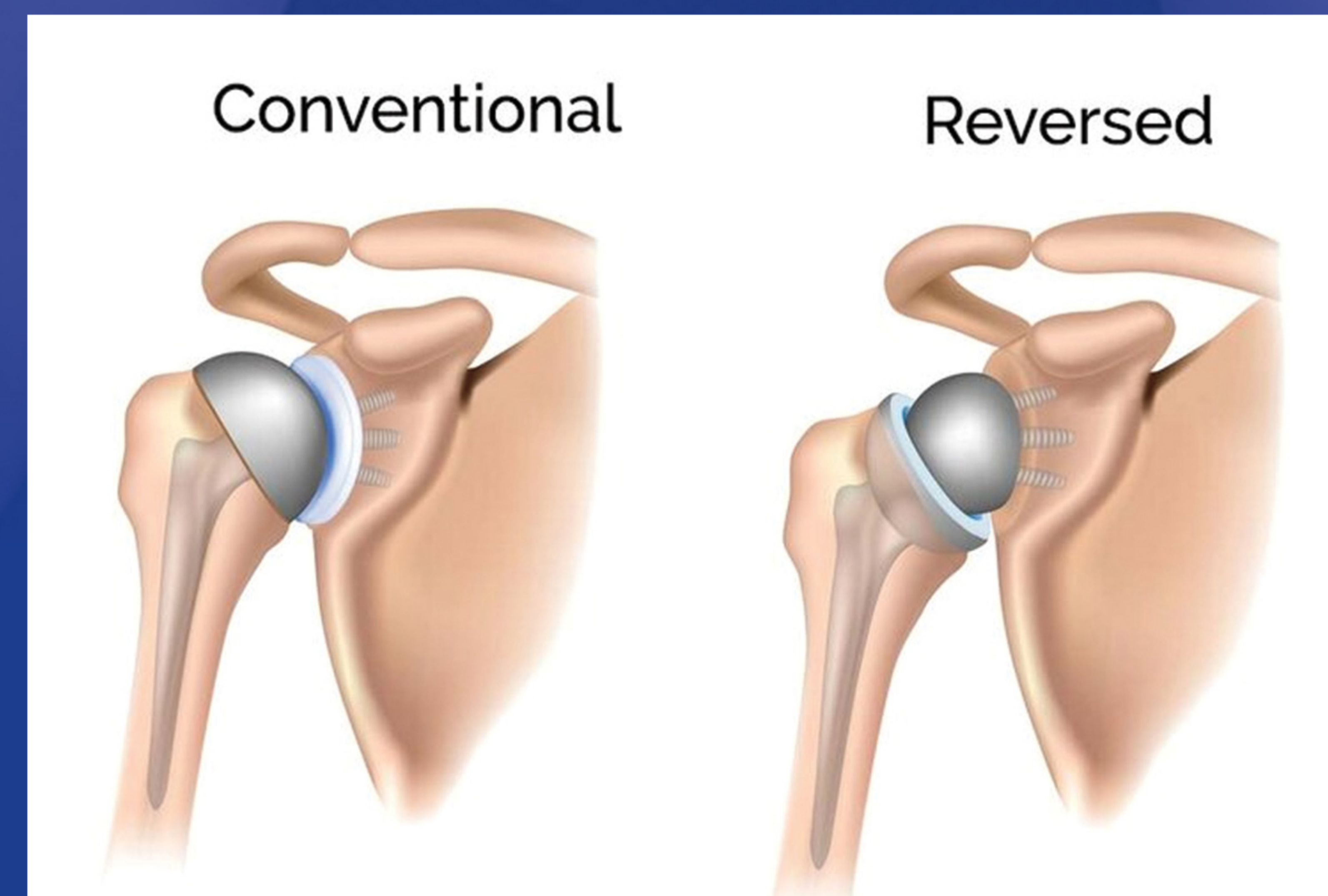
The specific conditions that can be treated through a total shoulder replacement are:

- ✔ Osteoarthritis. This type of arthritis is common in older people. It occurs when the cartilage that pads bones wears away.
- ✔ Rheumatoid arthritis (RA). With RA, your immune system mistakenly attacks your joints, causing pain and inflammation.
- ✔ Avascular necrosis. This condition happens when loss of blood to a bone occurs. It can cause damage and pain in the shoulder joint.
- ✔ A severely fractured shoulder. If you badly fracture your shoulder bone, you might need a shoulder replacement to repair it.

Shoulder Replacement Surgery

Shoulder replacement surgery typically takes about two hours. You might receive general anesthesia, which means you'll be unconscious during the procedure, or regional anesthesia, which means you'll be awake but sedated. During the surgery, doctors replace the damaged joint "ball," known as the humeral head, of the shoulder with a metal ball. They also place a plastic surface on the "socket" of the shoulder, known as the glenoid. Sometimes, a partial shoulder replacement can be performed. This involves replacing only the ball of the joint. After your procedure, you'll be taken to a recovery room for several hours. When you wake up, you'll be moved to a hospital room.

CONVENTIONAL SHOULDER REPLACEMENT V. REVERSE SHOULDER REPLACEMENT



In a conventional shoulder replacement, the damaged parts of the shoulder are removed and replaced with artificial components, prosthesis. A plastic cup is fitted into the shoulder socket and a metal ball is attached to the top of the upper arm bone. The prosthesis mimics the normal anatomy of the shoulder, using the rotator cuff muscles to function properly.

In a **reverse total shoulder replacement**, the socket and metal ball are switched. The metal ball is fixed to the socket and the plastic cup is fixed to the top of the upper arm bone. For patients with large rotator cuff tears or shoulder arthritis (arthropathy) reverse total shoulder replacement is a better option because the rotator cuff muscles no longer function. The reverse total shoulder replacement relies on the deltoid muscle, instead of the rotator cuff, to position and power the arm.



Recovery

Shoulder replacement surgery is a major operation, so you'll likely experience pain during your recovery. You might be given pain medications by injection right after your procedure. Many times, it takes from three to six months for the shoulder to heal. Regaining full strength and range of motion can take up to a year.