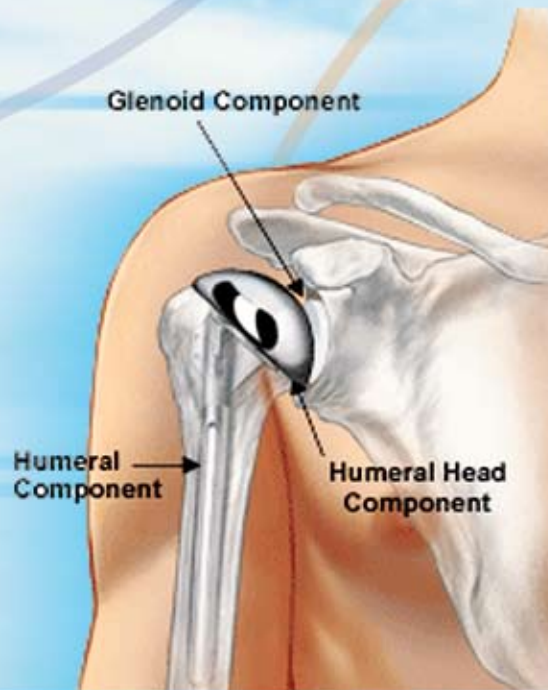


● **What will be my recovery time?**

Patients whom undergo total shoulder replacement usually stay in the hospital for 1-3 days after surgery. Physical therapists will begin moving the shoulder on the first post-operative day and patients will wear a sling for the first 4-6 weeks. At that time, patients can use their shoulder as tolerated with a weight restriction of 5 pounds. Most activities can resume in 4-6 months.

● **What are the risks of Shoulder Surgery?**

Complications are rare, but they are also real and do happen. Some of the more common complications include infection, stiffness, instability, component failure, fractures around the prosthesis and failure to get complete pain relief. Fortunately, the benefits of shoulder replacement far outweigh the risks.



Robert H. Rolf, M.D.

"Shoulder surgery can't make you a kid again, but it can make you feel like one, one more time."

-notes-

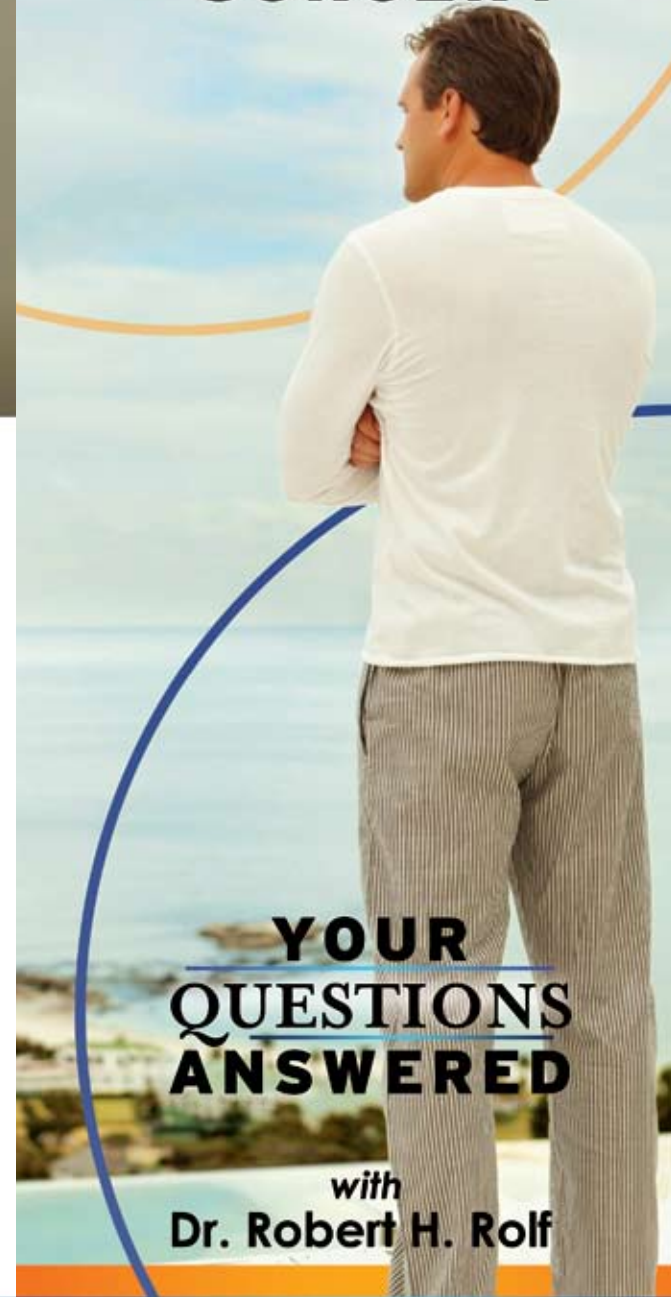
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SHOULDER REPLACEMENT SURGERY



**YOUR
QUESTIONS
ANSWERED**

with
Dr. Robert H. Rolf

● What is Shoulder Arthritis?

Arthritis is a common disease that affects the shoulder, causing joint pain, stiffness and swelling. When a person gets arthritis, they lose cartilage or the cushion in the joint. Cartilage allows the joint to glide easily during motion. When cartilage wears, there is bone on bone rubbing which can be painful. In addition, the joint becomes inflamed and there is usually a restriction of motion.

● How is Shoulder Arthritis diagnosed?

Many patients will complain of a deep ache that can radiate to the lateral arm. The pain usually gets worse with movement or activity. With time, there may even be pain at rest and eventually, patients will awaken at night with shoulder pain. Patients will complain of grinding and difficulty with motion. In the office, a physician will diagnose arthritis through a thorough physical exam and taking the proper x-rays.

● What is Shoulder Replacement Surgery?

In total shoulder replacement, the damaged surfaces of the humeral head and glenoid socket are resurfaced with metal and plastic implants. The humeral head is replaced with a metal component and the glenoid socket is replaced with a polyethylene component that is glued in with bone cement. When both sides of the shoulder are replaced, it is called a total shoulder replacement. When only the humeral head is replaced, it is called a shoulder hemiarthroplasty or a partial shoulder replacement.



● Why should I consider Shoulder Replacement Surgery?

Shoulder replacement surgery should be performed to alleviate pain and improve function. It is an excellent option for patients that have failed other conservative measures such as physical therapy and anti-inflammatory medication.

● How long will my Shoulder Replacement last?

Anytime implants are used to replace your normal anatomy, it is expected that they will wear with time. The survivorship of a shoulder replacement is up to 93% at 10 years and 87% at 15 years. (Torcia et al.) At one year from the time of surgery, 98.5% patients are glad they had the procedure done. Ninety percent of patients feel that their new shoulder has attained the 80 percent of what they feel a “normal” shoulder would be and 37 percent of patients think that their new shoulder is normal. (Warner et al.)

● What are my restrictions after a Total Shoulder Replacement?

Most activities can be resumed after a shoulder replacement. A person usually resumes activities such as swimming, golf and tennis by six months after surgery. Activities that involve major impact (such as contact sports or those where falls are frequent) or heavy loads (such as lifting heavy weights) should be avoided since these may increase the chance of rotator cuff tears, hardware loosening, increased wear and/or fracture.