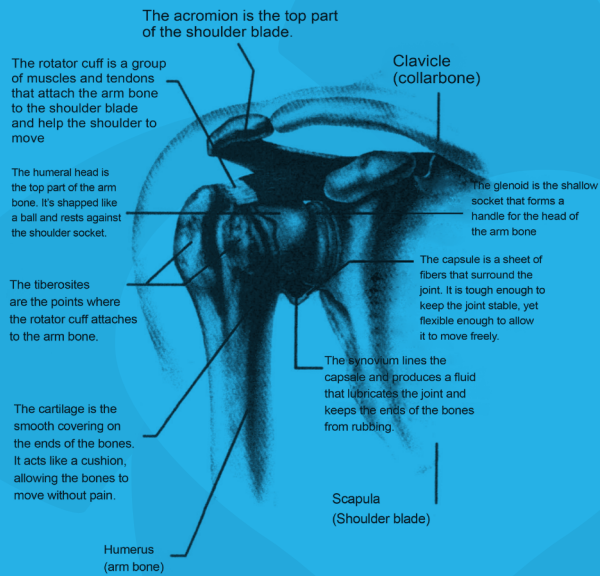


HOW YOUR SHOULDER WORKS

Your shoulder ball-and-socket joint is the most flexible joint in your body. The ball, or head, of the arm bone (humerus) rests against, a small, shallow socket (glenoid). Muscles and other soft tissue hold the ball in the socket and allow you to move your arm up and down, side to side, across your body, and behind your back.

A HEALTHY SHOULDER

When your shoulder joint is healthy, the ball glides smoothly in the socket. That's because the ends of the bones are cushioned by a smooth covering (cartilage), and tissue (synovium) lines the joint. The muscles and tendons of the rotator cuff hold the head of the arm bone firmly in the socket and give you strength and flexibility.

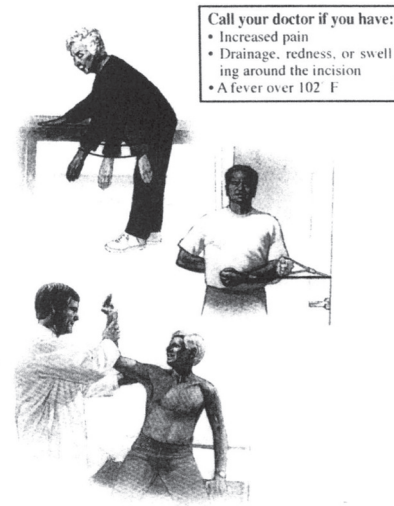


YOUR RECOVERY AT HOME

At home, your goal is to return safely and comfortably to your normal activities. To get the most from your new shoulder, you need to take an active role in your recovery. Be sure to continue your exercise program and see your surgeon for follow-up exams.

THE FIRST MONTHS

Remember that it takes 3 to 6 months for your shoulder to heal. Fractures heal even more slowly. It may take up to a year to develop full strength and motion. You will have some pain and swelling at first. Your doctor may prescribe medication and suggest you to use an ice bag. You may also continue to use your sling. Your exercise program will include more active use of your arm and shoulder. Do your exercises exactly as directed to regain maximum strength and movement.



CHECK YOUR PROGRESS

Your sutures or staples will be removed 10-14 days after surgery. Your surgeon may continue to check the range of motion and strength in your shoulder for the first year after surgery. Be sure to keep all your appointments and any questions you may have. Your doctor may also recommend that you take antibiotics before you have dental work or surgery.

SHOULDER REPLACEMENT SURGERY

*Penn Highlands
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REPLACEMENT SURGERY CAN HELP

Shoulder replacement surgery almost always relieves pain and may give you more strength and movement in your shoulder. During surgery, an orthopedic surgeon replaces all or part of your problem shoulder with an artificial joint called a prosthesis. The prosthesis replaces the rough, worn parts of your shoulder with smooth metal and plastic parts.

ADDRESSING YOUR CONCERNS

It's natural to feel anxious about surgery. The following questions and answers may help ease some of your concerns.

Q. Will my pain go away?

A. Chances are very good that once your shoulder heals, you'll have little or no pain.

Q. Will I be able to do more?

A. How much strength and movement you regain depends on your shoulder problem. If the muscles and other soft tissue are healthy, your shoulder may be stronger and more flexible after replacement surgery.

Q. How long will the surgery take?

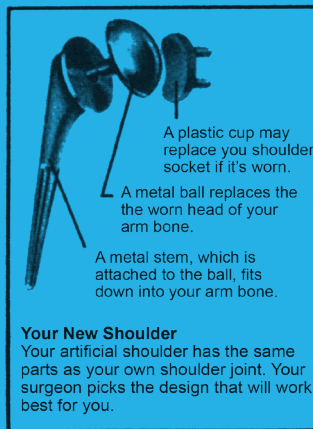
A. Removing a damaged shoulder and putting in a new joint usually takes 1-1 1/2 hours. The exact time depends on your shoulder problem.

Q. How long will I be in the hospital?

A. You should plan to be in the hospital about 1-2 days.

Q. About how long will my new shoulder last?

A. A new shoulder can last 15 years or more, as long as you take care of it and have no complications.

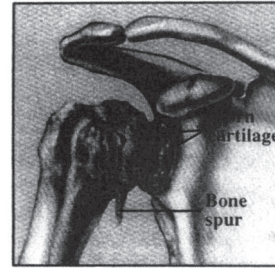


A PROBLEM SHOULDER

Arthritis, injury, bone disease and torn muscles and tendons can cause pain, stiffness, and sometimes swelling in your shoulder. Then even simple movements become painful and difficult.

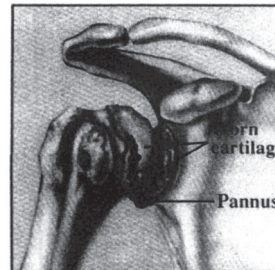
OSTEOARTHRITIS

Osteoarthritis is a wearing of the joint. The cartilage becomes cracked and pitted, and the socket may wear down. Eventually, the bone is exposed and may develop growths called spurs. Without a cushion of cartilage, the joint becomes stiff and painful and may feel as if it's grinding or slipping out of place when you move your arm.



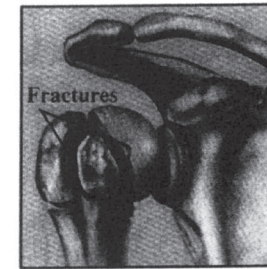
INFLAMMATORY (RHEUMATOID) ARTHRITIS

Inflammatory arthritis is a chronic joint disease. The synovium thickens and forms a tissue growth (pannus) that clings to the cartilage and releases chemicals that destroy it. The joint may become red, swollen, and warm, and pain may radiate into the neck and arm. Over time, the joint may get stiff and the muscles may weaken from disuse. The bone may also be destroyed.



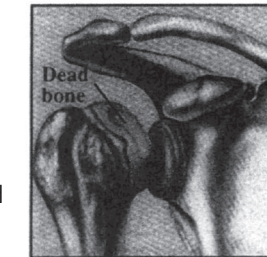
FRACTURE

A fracture can occur when you fall on an outstretched hand or elbow. The ball and tuberosities break off, leaving the arm bone in pieces. A fractured shoulder is painful and may be black and blue and look deformed.



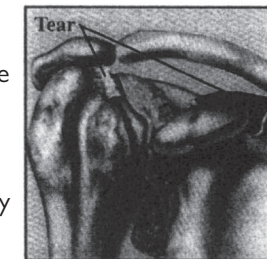
AVASCULAR NECROSIS

A number of conditions, including long-term use of steroids or alcohol, can cause the blood supply to the bone to be cut off. As the bone dies, it collapses. The shoulder becomes painful and movement is limited.



ROTATOR CUFF TEAR

A chronic rotator cuff tear may lead to severe arthritis. As the ball rides up against the acromion, the joint becomes painful, stiff, and weak. Surgery can relieve the pain, but flexibility and strength may never be regained.



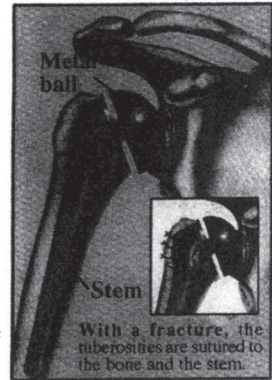
YOUR SHOULDER REPLACEMENT

Your surgeon may replace just the ball (partial replacement) or both the ball and the socket (total replacement). An incision about six inches long is made from your collarbone to your arm. Once the new joint is in place, your surgeon closes the incision with staples or sutures (stitches).

PARTIAL (HEMI) REPLACEMENT

If the humeral head or the soft tissue is damaged but the glenoid is not, sometimes only the ball is replaced.

- The humeral head is removed and the arm bone is prepared to hold the stem. The stem may be cemented into the bone. Then the metal ball is secured to the new stem.
- If your shoulder has been fractured, the tuberosities are fixed to the new stem and to the bone around it.



TOTAL REPLACEMENT

When both the humeral head and the glenoid are worn, your surgeon may replace both the ball and socket.

- First, the worn humeral head is removed and the arm bone is prepared to hold the stem.
- Then the glenoid is prepared. Usually the plastic cup is cemented in place.
- Finally, the stem is inserted into the arm bone and the metal ball is secured to the new stem.

