



## ***Shoulder Arthroplasty***

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Many people suffer from shoulder pain caused by arthritis. An arthritic shoulder can be extremely painful and debilitating. Many patients think they have to live with the pain because the treatment options are limited. The pain can drastically reduce your quality of life. Not only can it be difficult to get a coffee cup out of the cabinet, but it can stop you from doing things you enjoy such as going to the gym, yard work, golfing, fishing, or playing with your grandkids. Although not as well publicized, treatment for shoulder arthritis has been around for a long time. Treatment is evidence based with excellent outcomes in the right patient.

Treatment options generally start with mild activity modifications, anti-inflammatories, an occasional cortisone injection, and possibly formal therapy. These conservative treatments may be enough for some people, but other patients need further care. They begin to restrict their activities or make a point to use their other arm for daily functions. When their quality of life becomes poor often surgery is discussed. Surgery for shoulder arthritis is a total shoulder arthroplasty, more commonly known as a shoulder replacement.

The shoulder joint is the articulation between the humeral head and the glenoid. The humeral head is also known as "the ball" and the glenoid is often referred to as "the socket" giving the common term of "ball and socket joint." A shoulder replacement is when you replace an arthritic shoulder joint with metal and plastic implants. This helps reduce pain and restore function. There are different types for specific reasons. Sometimes the arthritis is limited to the humeral head (ball). In this case the patient may benefit from a hemiarthroplasty or resurfacing. They keep their native glenoid (socket) and all the muscle attachments. When the arthritis involves both the humeral head and the glenoid, the best treatment option may be a total shoulder replacement. As with the hemiarthroplasty, you keep your normal muscle attachments.

X ray of normal shoulder



X ray of arthritis



X ray of humeral head resurfacing



X ray of total shoulder replacement



There are patients that may have an irreparable rotator cuff with or without shoulder arthritis. Historically there was not a good surgical option for these patients. Today, we have a type of shoulder replacement that addresses this problem. It is called the “Reverse” Total Shoulder. The name is derived because it looks like the ball and socket are reversed. This is to allow the shoulder to function by restoring balance and placing proper tension on the remaining muscles and tendons in the shoulder. This allows other muscles to perform the functions that the nonfunctioning rotator cuff muscle normally do.

X ray of reverse total shoulder replacement

