

# Your Guide to **SHOULDER SURGERY**

Shoulder surgery doesn't get the buzz that hip and knee replacements get. But, when age-related wear and tear has led to osteoarthritis in the joint or a traumatic injury has left you with shoulder pain, it may be time to consider shoulder replacement surgery.

Deciding when to have a joint replacement is an individual decision. Having up-to-date facts about the pros and cons of timing can help you make a more well-informed decision.



**The number of shoulder replacements per year in the U.S., compared to 900,000 knee and hip replacements.**

American Academy of Orthopaedic Surgeons

# 3 FACTORS to Consider When Deciding the Right Time

## 1. PAIN

The impact shoulder pain has on your quality of life and your ability to participate in activities — from fishing and golfing to everyday activities like washing your hair and dressing — are key factors in deciding when to have shoulder surgery.



## 2. RANGE OF MOTION

If your shoulder is stiff or has limited range of motion, you're likely to use it less. This can lead to muscle atrophy, which can make postsurgical rehabilitation more challenging.



## 3. RESPONSE TO OTHER TREATMENTS

If you've tried more conservative treatments such as anti-inflammatory drugs, cortisone injections, physical therapy, acupuncture, or manipulation, it may be time for surgery.



## WHICH SHOULDER SURGERY IS RIGHT FOR YOU?

Type of surgery	How it works	Pros and cons	Best for
<b>Total shoulder replacement</b>	Replaces the ball and socket of the shoulder joint with a metal humeral head, with a stem inserted in the upper arm and a specially reinforced plastic socket.	Significant improvement in pain relief, motion, strength, and function of the shoulder joint. If done on a younger patient, subsequent glenoid loosening could occur later, causing the implant to fail.	Patients with severe degenerative arthritis, who still have a functioning rotator cuff.
<b>Shoulder resurfacing</b>	Instead of cutting and replacing both the humerus and scapula, all or part of the humeral head bone is replaced with a smooth metal ball.	Preserves native humeral bone, but implant may not last as long as those used in a total shoulder replacement.	Younger, more active patients, and those who don't yet need a total replacement. Patients whose mild to moderate arthritis is confined to the ball part of the joint.
<b>Reverse total shoulder replacement</b>	The socket of the new joint is attached to the end of the humerus, and the ball portion of the joint replaces the old shoulder socket.	Shifts the load for lifting the arm away from damaged rotator cuff muscles to the surrounding deltoid muscle, creating a more stable shoulder joint.	Patients without a functioning rotator cuff due to a large tear and/or subsequent severe arthritis, complex fractures, or failed standard shoulder replacements.
<b>Eclipse shoulder surgery</b>	Similar to a total replacement, but uses a hollow screw system as the implant into the patient's humerus bone, instead of the long stem component found in a typical implant.	The stemless prosthesis helps preserve bone in the humerus. Surgery time is shorter, meaning less blood loss, reduced chance of nerve damage and bone fracture, and fewer risks for other complications. Currently only being used in clinical trials, including at Adena Health System.	Most patients who are candidates for traditional total shoulder replacement are candidates for Eclipse. Better for younger patients who have good quality bone to hold the implant in place.

**85%**

Patients who have had reverse total shoulder replacement surgery had an **85 percent return rate to one or more sporting activities** such as golfing, fishing, and swimming at five months post-surgery, according to a study published in the *World Journal of Orthopedics*.



# QUIZ: Is It Time for Shoulder Replacement Surgery?

The decision to have shoulder replacement surgery involves many factors that should be discussed with your primary care physician and your orthopedic surgeon. To help assess whether shoulder surgery could be right for you, **take this short quiz:**



1. *Have you limited your physical activity due to shoulder pain?*.....  Yes  No
2. *Would you describe your pain as severe?*.....  Yes  No
3. *Is pain keeping you awake at night or causing distress during the day?*.....  Yes  No
4. *Are daily activities, such as dressing yourself or reaching into a cabinet, difficult?*.....  Yes  No
5. *Has joint pain negatively impacted your health through reduced activity, weight gain, or other factors?*.....  Yes  No
6. *Have you tried taking NSAIDs or other anti-inflammatory drugs without significant relief?*.....  Yes  No
7. *Have you tried injections or discussed them with your physician?*.....  Yes  No
8. *Have you had X-rays or other imaging tests that show loss of cartilage or bone-on-bone osteoarthritis?*.....  Yes  No

**If you answered yes to two or more of these questions**, you should consider talking with an orthopedic specialist to determine next steps.



**If you're living with shoulder pain, limited range of motion, numbness, or weakness**, make an appointment with an orthopedic specialist at Adena Bone and Joint Center today. Call **740-779-4598** or visit **[adena.org/ortho](http://adena.org/ortho)**.

# About Adena Bone and Joint Center

Whether you've suffered a sprain or strain or are considering joint replacement surgery, Adena's orthopedic specialists have the expertise you need. Musculoskeletal disorders are the second most common reason people visit the doctor. The good news is that many injuries can be treated without surgery and for the team of orthopedic specialists at Adena Health System, that's the goal. Led by fellowship-trained sports medicine physicians, Adena Bone and Joint Center considers surgery the last option only when other conservative treatments like physical therapy, medications, and injections have failed.



Adena Health System was awarded a three-year accreditation from The Joint Commission and earned The Joint Commission's Gold Seal of Approval for Hospital Accreditation — a symbol of quality that reflects an organization's commitment to providing safe and effective patient care.

**To make an appointment** with an Adena orthopedic specialist, call **740-779-4598**.

**Adena Health Pavilion**

4437 State Route 159, Chillicothe, OH 45601

**Adena Health Center — Hillsboro**

160 Roberts Lane, Hillsboro, OH 45133

**Fayette County Memorial Hospital**

1450 Columbus Avenue, Suite 201, Washington Court House, OH 43160

**Adena Health Center — Jackson**

1000 Veterans Drive, Jackson, OH 45640

**Adena Pike Medical Center**

100 Dawn Lane, Waverly, OH 45690

**Adena Greenfield Medical Center**

550 Mirabeau Street, Greenfield, OH 45123

**Adena Health Center — Circleville**

140 Morris Road, Circleville, OH 43113

