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What is reverse shoulder replacement surgery?

Reverse shoulder replacement surgery is a procedure where the normal ball-and-socket anatomy of the shoulder joint is reversed. It involves placing a metal ball onto the shoulder blade's socket and a plastic socket onto the upper arm bone, providing a new mechanism for shoulder movement.

Who might need a reverse shoulder replacement?

Reverse shoulder replacement is typically recommended for individuals with severe shoulder arthritis combined with irreparable rotator cuff tears, rotator cuff arthropathy, complex fractures of the proximal humerus, or failed previous shoulder surgeries.

How does reverse shoulder replacement differ from traditional shoulder replacement? In traditional shoulder replacement, the metal ball is attached to the upper arm bone and the plastic socket is attached to the shoulder blade. In reverse shoulder replacement, these components are reversed, allowing the deltoid muscle to compensate for the absent rotator cuff function.

What are the benefits of reverse shoulder replacement?

Reverse shoulder replacement can provide pain relief and improved shoulder function in patients with conditions that compromise the rotator cuff's ability to stabilize the joint. It can also restore shoulder stability and function in cases where traditional shoulder replacement may not be effective.

What is the recovery process like after reverse shoulder replacement surgery?

Recovery involves a period of immobilization followed by physical therapy to regain strength, flexibility, and range of motion in the shoulder joint. Full recovery can take several months, with gradual improvement over time.

What are the potential risks and complications of reverse shoulder replacement surgery? Risks and complications may include infection, blood clots, nerve injury, shoulder stiffness, implant loosening or dislocation, and allergic reactions to anaesthesia or implant materials. Your surgeon will discuss these risks with you before the surgery.

How long do reverse shoulder replacements last?

Reverse shoulder replacements can last for many years, but the longevity of the implants depends on various factors such as the patient's age, activity level, implant type, and overall health.

Can I resume normal activities after reverse shoulder replacement surgery?

Most patients can eventually return to light activities of daily living, but high-impact activities or heavy lifting may need to be avoided to prevent implant wear or damage. Your surgeon will provide specific guidelines based on your individual situation.

Will I still experience pain after reverse shoulder replacement surgery?

While reverse shoulder replacement can significantly reduce pain and improve function, some patients may still experience occasional discomfort, particularly during strenuous activities or changes in weather. However, this pain is usually much milder than pre-surgery pain and can often be managed with over-the-counter medications.



**ROTATOR CUFF
ARTHROPATHY**



**REVERSE SHOULDER
REPLACEMENT**

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