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What is total shoulder replacement surgery?

Total shoulder replacement surgery, also known as shoulder arthroplasty, is a procedure where the damaged parts of the shoulder joint are replaced with artificial components to reduce pain and improve function.

Who might need a total shoulder replacement?

Total shoulder replacement is typically recommended for individuals with severe shoulder arthritis, rotator cuff tears, fractures, or other conditions that cause chronic pain and limit mobility.

What are the components of a total shoulder replacement?

The typical components include a metal ball attached to the upper arm bone (humerus), a plastic socket attached to the shoulder blade (glenoid), and metal stem may or may not be inserted into the humerus bone to help support the ball component.

What types of shoulder arthritis can be treated with total shoulder replacement?

Total shoulder replacement can effectively treat various types of shoulder arthritis, including osteoarthritis, rheumatoid arthritis, and post-traumatic arthritis.

How long does a total shoulder replacement surgery take?

The surgery generally takes around 1.5 to 2 hours, but the duration may vary depending on the complexity of the case and any additional procedures required.

What is the recovery process like after total 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 total 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.

How long do total shoulder replacements last?

Total 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 total 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 total shoulder replacement surgery?

While total 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.



SHOULDER ARTHRITIS



**TOTAL SHOULDER
REPLACEMENT WITH STEM**



**TOTAL SHOULDER
REPLACEMENT STEMLESS**



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