

## Reverse Total Shoulder Replacement



**T**hose who have suffered from severe arthritis for many years may receive a doctor recommendation for a “reverse total shoulder replacement” procedure. The term could be a new and confusing one for you to hear, but the procedure will offer enough relief to allow us to design a synergistic program to:

- **Enhance** range of movement;
- **Strengthen** your shoulder; and
- **Relieve** pain.

**What is a reverse total shoulder replacement?** In a normal shoulder, the round head on the end of the arm bone—the humerus—slides against the small, cup-like socket known as the glenoid, which lies in the shoulder

blade—formally called the scapula. The reverse total shoulder replacement allows patients with severe arthritis and rotator cuff damage that is beyond repair to resume arm mobility. By placing a rounded surface on the shoulder and a cup-shaped structure on the upper arm bone, the reverse total shoulder replacement stabilizes the joint and allows other muscles to support the shoulder, thereby relieving arthritis symptoms in the damaged area.

**Physical therapy and recovery:** Physical therapy is a vital part of the recovery process after undergoing a reverse total shoulder replacement procedure. A carefully planned, comprehensive rehabilitation program that commences immediately following the procedure will allow for a much more rapid and successful recovery process. We will employ the most effective means to promote healing, which may include:

- Prescribing **home exercises** 4–5 times a day.
- **Personalized exercises** to promote healing of the soft tissue and maintain joint integrity.
- Gentle **isometric exercises and stretching**.

Reverse total shoulder replacement can make an enormous difference in the quality of life experienced by individuals suffering from severe arthritis. Many find that the procedure coupled with consistent physical therapy allows them to experience less pain, significantly improved motion and strength, and better functioning overall.