

Reversing Shoulder Arthritis

Arthritis can develop in the hip, knee or shoulder joint for many different reasons. Wear and tear (osteoarthritis) and post-traumatic arthritis limit a joint's function and can cause varying degrees of pain.

Whatever the underlying cause, as arthritis in the shoulder progresses in severity, it can limit your ability to carry our activities of daily living.

Structure of a shoulder

The shoulder is designed like a golf ball fitting onto a golf tee. The golf ball represents the ball (humeral head) at the top of the arm and the tee represents the indented area of the shoulder blade (the glenoid).

The rotator cuff (a sleeve of muscles around the shoulder) helps center the ball of the shoulder on the socket and facilitate movement. These muscles are important for proper shoulder function.

However, the rotator cuff muscles are susceptible to injury and tearing, especially with age and activity. Torn rotator cuff muscles can cause and lead to significant pain, weakness and disability.

Surgical options for relief

Traditional. When arthritis in the shoulder becomes debilitating and conservative measures fail to bring relief, shoulder replacement becomes an option. Traditional shoulder replacement rebuilds the ball and socket anatomy of the shoulder joint. The surgery is performed more than 23,000 times a year in the United States.

The latest approach. The reverse shoulder replacement is an exciting new procedure that can diminish pain and

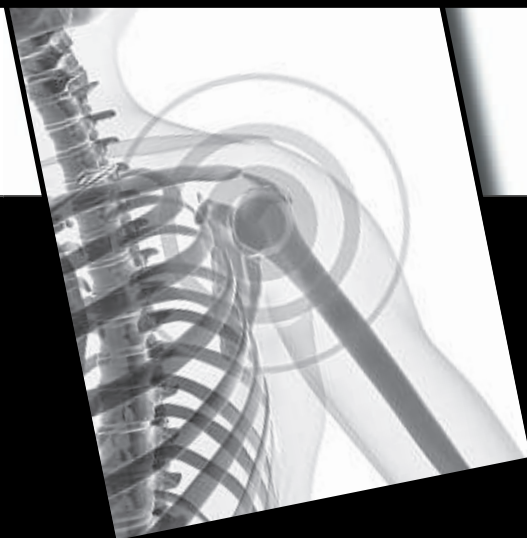
significantly improve function and range of motion in people experiencing severe arthritis of the shoulder and irreparably torn rotator cuff muscles.

Other procedures may fail for patients in this condition. Until the reverse shoulder replacement, which has been used for 20 years in Europe, treatment of shoulder arthritis in patients with rotator cuff tears had poor outcomes.

Reverse shoulder replacement is designed to provide pain relief and improved function. The procedure reverses the normal positions of the ball and socket. The upper arm bone is replaced with a socket implant, and the normal socket is replaced with a metal ball. This optimizes the remaining untorn muscles to contribute to shoulder function. The large and powerful deltoid muscle is able to replace the function of the torn rotator cuff muscle.

The results of this procedure can be dramatic: Patients who could not raise their arms at all may be able to raise their arms above their head after the procedure.

Reverse shoulder replacement is a major surgical procedure akin to a knee or hip replacement. With appropriate technique, rest and physical therapy, recovery takes approximately three to six months.



GIVING PAIN THE COLD SHOULDER

If you would like to learn more about the management of shoulder pain, or to schedule a consultation with Dr. Simovitch call today (561) 694-7776 for an appointment.



Ryan W. Simovitch, M.D.

specializes in the treatment of complex shoulder and sports medicine ailments, with particular expertise in arthroscopic and advanced open primary and revision reconstruction of the shoulder and elbow, as well as reverse shoulder replacement. He utilizes the most advanced arthroscopic and open surgical techniques to repair and reconstruct damaged bones, joints, ligaments, tendons and cartilage.

Dr. Simovitch performed his Orthopaedic Surgery Residency at Duke University medical Center in Durham, North Carolina. While at Duke he was an Assistant Team Physician for all Duke's Athletic Teams including their NCAA national Championship men's basketball team. Dr. Simovitch acquired advanced training and expertise in shoulder surgery service at the Massachusetts General hospital as well as at the University of Zurich in Zurich, Switzerland. He was also an Assistant Clinical Instructor in the Department of Orthopaedic Surgery at the Massachusetts General Hospital prior to joining Palm Beach Orthopaedic Institute.

Palm Beach Orthopaedic Institute has three convenient locations in Palm Beach Gardens, 3401 PGA Blvd., Jupiter 2055 Military Trail and Victor Farris Building, 1411 N. Flagler Dr. West Palm Beach, FL. For more information or an appointment call **(561) 694-7776** or visit the web site at **www.pboi.com**.

