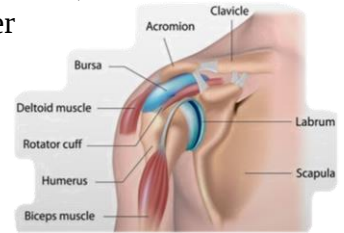


Total Shoulder

Shoulder Anatomy: The shoulder is a ball and socket joint composed of bones, tendons, muscles, and ligaments. The bones of the shoulder joint include your collarbone (clavicle), your upper arm bone (humerus), and your shoulder blade (scapula). The rounded ball of the upper arm bone fits into a shallow cup in the shoulder blade, known as the glenoid. The bone surfaces that meet are covered with cartilage - a smooth material that protects the bones and allows them to move easily. Arthritis is a result of this cartilage wearing away. When healthy, the muscles and tendons surrounding the shoulder joint provide stability, strength, and function.



Why Surgery? We typically recommend conservative care before any replacement surgery, however it's not always effective over time. The need for a total shoulder replacement surgery is a result of significant deterioration of the cartilage caps of the ball and cup. This surgery is designed to improve pain, movement, and function of the shoulder.



Presurgical Planning: Dr. Pennington will need Xrays and a CT scan to determine the best implants for your surgery. If needed, sometimes a wedged cup prosthesis is utilized to match your anatomy. You may also meet with our therapy staff prior to surgery for "Prehab" where you will prepare for surgery and learn skills to maximize and speed your surgery recovery.

The Surgery: This surgery, typically lasting 75-90 minutes, removes the damaged areas and replaces them with a prosthesis designed for this exact issue. An incision is made down the front of the shoulder between the pec and deltoid muscles. The worn out ends of the bone are removed and the total shoulder replacement is implanted. It is composed of three parts: a short cage screw and metal cap on the ball side, and a plastic glenoid cap on the cup side. The shoulder joint is checked for stability and range of motion before the surgery is complete



Scan this QR for a video animation of our typical surgical technique for Total Shoulder Arthroplasty

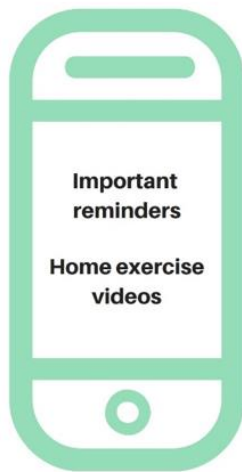
Post-Operative Course: Initially, you'll be in a sling, but this is for comfort only. We encourage you to come out of it to move your hand, elbow, and shoulder gently in front of your body as soon as your pain allows. This surgery is dependent on your rotator cuff for a good outcome, so do not rotate or reach your arm around to your back for a total of 6 weeks to allow the tissue to heal. Start your CPM machine the day after surgery, increasing it as your pain allows to a goal of 90/30. We'll see you approximately 2 weeks after surgery to obtain an Xray, remove your incision staples, check your healing, and start formal therapy. You can drive as soon as you're off narcotics and feel safe to drive.



DR. WILLIAM PENNINGTON
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Total Shoulder

Long-Term Expectations: We expect patients to start most normal activities including golf and physical activities around 12 weeks after surgery. To minimize risk of prosthetic infection, you will need antibiotics before any invasive procedures including dental work and cleanings. We advise this as a permanent recommendation.



Sign up for Dr. Pennington's surgery texts



SCAN TO JOIN

**Before surgery, text
"JOIN" to 414-626-7020
Then, follow the
prompts to enroll.**

STREAMD

Dr. Pennington recommends enrolling in our custom surgery text program. These texts will coach you through the surgical prep and recovery process. This will help maximize your surgery outcome. You will be sent up to a few messages per day regarding specific recommendations about your surgery prep and recovery steps. These messages include text and video demonstrations of common surgical questions and concerns.

Ortho Lazer is a recommended, FDA approved treatment that expedites healing and decreases pain, inflammation, and infection risks. It reduces the need for postoperative narcotics. It also reduces scar formation which is the number one risk of shoulder surgery. It is a series of 6 (10 minute) treatment sessions available at Franklin and Brookfield facilities. Although optional, this treatment has been extremely effective in our Total Shoulder patients.

The 6 visits cost \$420 in total

**ORTHO
LAZER**
Orthopedic Laser Center

For assistance with surgery texts or to arrange Ortho Lazer treatment, please contact our surgical coordinator Sheila at 414-643-4002 or ssullivan@theorthoinstitute.com. She can assist in coordinating surgical and Lazer scheduling as we typically begin these treatments within a couple days of surgery.

Thanks for choosing Dr. Pennington to care for your painful shoulder.
He and his team are dedicated to helping you improve your pain, function, and quality of life.