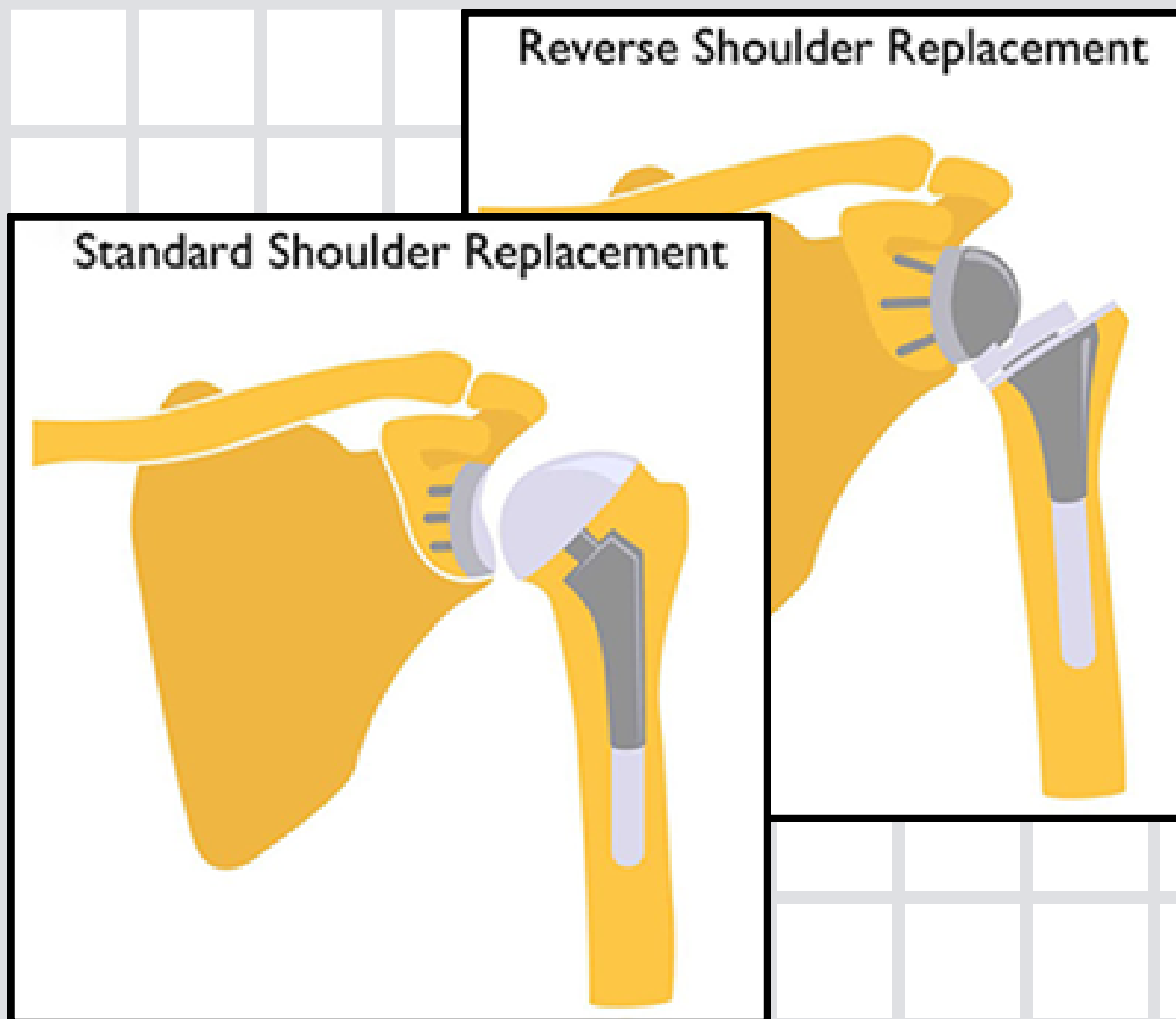




# SHOULDER REPLACEMENT (TSA) INDICATIONS, APPROACHES, AND RECOVERY



### SHOULDER ANATOMY

- The shoulder is a ball (humerus) and socket (scapula) joint
- TSA replaces both parts with a metal ball and plastic socket
- The ball is held in the socket by the rotator cuff muscles

### WHO CAN BENEFIT

- Recommended for arthritis caused by fractures, torn rotator cuff tendons, or wear and tear over time
- At first your doctor may recommend joint injections and physical therapy
- When quality of life suffers, it may be time for TSA



### APPROACHES

- Most get a standard TSA, however reverse TSA works better for rotator cuff tears
- In a reverse TSA, the ball and socket implants are reversed and thus do not rely on the rotator cuff muscles
- Talk to your surgeon about the approach that is best for you

### RECOVERY

- On average, surgery takes 3 hours
- Most stay in the hospital for 1 to 3 days
- Recovery can take 2 to 4 weeks
- On average, implants last 15 years

### DISCLAIMER

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### SOURCE

<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/total-shoulder-replacement>