

Move Freely Again

Healing Your Shoulder With a
Personalized Care Plan




Advent Health

Overcoming Pain and Injury

Lifting, stretching, reaching with ease. You do all these things as you move through your day. But sometimes, shoulder injuries or conditions like bicep tendonitis or frozen shoulder can make these movements a challenge. When a strain, fracture, dislocation or tendonitis interferes with your normal activities, it's time to seek advanced care from experts you can trust. AdventHealth's nationally recognized orthopedic specialists are dedicated to enhancing your mobility and improving your quality of life.

Treating Chronic Osteoarthritis

If you've been living with years of increasing pain and decreasing mobility, you're likely experiencing degenerative osteoarthritis. As the soft cartilage between your bones wears away, you may feel weakness, instability, soreness and stiffness in your shoulder joints. Whether your arthritis is caused by your age, lifestyle, previous injuries or simply genetics, we're here to help identify and treat your unique challenges.



Surgical Intervention for Joint Issues

Joint replacement and resurfacing are some of the most consistently successful operations in orthopedic surgery. Overall patient satisfaction, including pain relief and improved mobility, is extremely high. The type of reconstructive procedure we can help you choose depends on many factors, including your general health, age, weight, goals, expectations, mental and physical state, and the condition of your shoulder joint and its supporting structures.



Total Shoulder Replacement

Total shoulder replacement is when both the humeral head (ball) and the glenoid (socket) are replaced with an artificial joint, or prosthesis. This may be used when the head of the upper arm bone (humerus) is shattered. It can sometimes be difficult to put the pieces of bone back in place. In addition, the blood supply to the bone pieces can be interrupted. In this case, a surgeon may recommend a total shoulder replacement

Reverse Total Shoulder Replacement

Reverse total shoulder replacement is when the ball and socket of the artificial joint are reversed. The ball prosthesis is put where the glenoid normally is and the socket prosthesis is placed where the humeral head normally is.

Reverse total shoulder replacements are for people who have:

- A completely torn rotator cuff
- A previous shoulder replacement that failed
- The effects of severe arthritis

This allows you to use the deltoid muscle instead of the torn rotator cuff to lift your arm.

Partial Shoulder Replacement

Shoulder hemiarthroplasty, or partial shoulder replacement, is an orthopedic surgery where only the broken humeral head is replaced with an artificial joint, or prosthesis, and the glenoid (socket) is not. Shoulder hemiarthroplasties are performed on patients who have severe fractures of the humeral head but no loss of cartilage on the glenoid.

Patients with this procedure will have an incision site about six inches long and will be in a sling for at least the first few weeks after surgery..

Arthroscopic Shoulder Surgery

During arthroscopic surgery, your surgeon makes a few small incisions over your shoulder joint. An arthroscope, a slender tubular device attached with a light and a small video camera at the end, is inserted through one of the incisions into your shoulder joint. The camera transmits the image onto a television monitor for your surgeon to view. Your surgeon then uses small surgical instruments to perform the surgery. Arthroscopy causes minimal disruption to the other shoulder structures and does not require your surgeon to detach and reattach the overlying shoulder muscle.

Strengthen and Stabilize With Physical Therapy

Physical therapy is often used to help those with musculoskeletal injuries restore or improve their functional ability, overcome pain and prevent further injury. Based on your individual needs, your physician may prescribe physical therapy before surgery (to strengthen muscles and make recovery easier), as a follow-up to surgery (to help regain movement and flexibility), or a combination of both. This non-invasive treatment may even eliminate the need for surgery in some cases.





Start on the Path to Recovery

If you're struggling with pain, stiffness and limited mobility, don't face it on your own any longer. Find out how we can help with a tailored treatment plan that gets you back to feeling like yourself again.

Let's talk in person.

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For more information about AdventHealth's orthopedic shoulder program or to make an appointment, call 706-307-6026.

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