

Top 3 Questions Regarding Total Shoulder Replacements

Casey Masek, DPT
Doctor of Physical Therapy



Hi, I am Dr. Casey.

I help people prepare for and conquer orthopedic surgeries so they can get back to the activities they love. After spending nearly 7 years working with pre- and post-surgical patients, I have gained a wealth of knowledge regarding the surgical process and the rehabilitation that comes afterward and I can't wait to share this knowledge with you!

Facing all the questions and challenges surrounding your orthopedic injury or problem can be overwhelming, confusing and leave you wondering if your making the right decision or if you are on the right path to reach your goals.

Let me help you when trying to decide if the surgery is right for you.

Get informed today.

Here are the top 3 most commonly asked questions regarding total shoulder replacements and reverse total shoulder replacements.



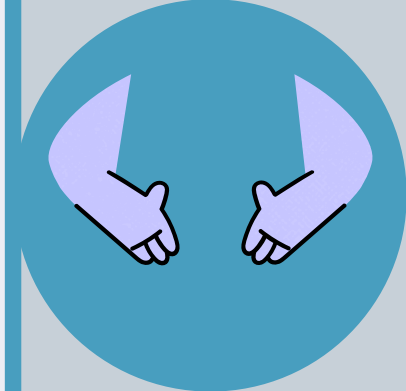
Range of Motion

Will I have NORMAL shoulder movement after surgery?

"Normal" overhead range of motion refers to lifting the arms above head, keeping the elbows straight and the arms staying close to the ears. This is considered 180 degrees of motion.

"Functional" overhead range of motion is 120 degrees or greater. This is the amount of overhead movement required to do functional activities including putting away dishes, hanging up laundry, washing your hair etc.

What does this mean? After a total shoulder replacement you will not return to normal range of motion but you will return to functional range of motion. A total shoulder replacement will regain more movement than a reverse total shoulder replacement but both will be functional. In both cases the *way* that you move and the muscles that you use changes to maximize your function. You can effectively train the muscles you have after surgery to perform the function that you want. This means with the correct training, modifications and rehabilitation you can return to activities such as *golf, pickleball, swimming, yoga, pilates and working out. This doesn't come easy.* This takes patience, hard work and a systematic approach to the process.



Reaching Behind Your Back

Will I be able to clip a bra or put on a belt?

Patients considering shoulder replacement surgery are frequently asking if they are going to be able to reach behind their back after their surgery. Why? Because this is a movement they are often limited in, which affects their ability to clean up in the toilet, put on a belt or clip a bra. These are functional movements they are hoping to get back after surgery.

Reaching behind the back is one of the movements you are instructed to avoid after surgery because of the healing process and not damaging the surgical connections that are healing. This means that is the last motion we are concerned about trying to improve because you have to wait a long time to even try to stretch gently in that direction.

With a total shoulder replacement a patient should be able to regain this movement and regain these functions! In regards to a reverse total shoulder replacement, a patient is less likely to regain this move but it is not impossible.



WHICH TYPE OF REPLACEMENT

Should I get a total shoulder replacement or reverse total shoulder replacement?

This is something you and your surgeon will discuss and the options will be presented to you as they see fit based on your specific circumstances. This is one reason why getting the perspective from a few different surgeons is usually helpful so that you are confident and comfortable with your decision.

One of the major deciding factors for which type of replacement to get has to do with the quality of your rotator cuff and if it is in good enough condition to support the new joint.

Although, when you first learn about what a reverse total shoulder is it seems extreme and you think “how could this work?” I can tell you with confidence that it works. I have seen success, return to activities and the elimination of pain with both. I have sent many happy clients back to the golf course.

Still have questions?

Schedule a call with me

today

When you want to dig deeper to understand your shoulder and how to prevent, prepare or recover from shoulder joint surgery so you can enjoy the active lifestyle that you deserve book a free discovery call!

I am here to help in *ALL PHASES* of the process. Whether you are trying to avoid surgery, considering surgery or already have the date set!

If you want to know other ways we can help you on your wellness journey, click the button below to schedule a call with me and lets discuss your individual needs one on one.

[BOOK A FREE DISCOVERY CALL](#)

