

Total Shoulder Replacement Surgery

Total shoulder replacement surgery can ease pain and improve motion in your shoulder joint. During this procedure, a surgeon replaces the ball of your upper arm, or humerus, and the socket in your shoulder blade, or scapula, with a metal and plastic implant. The implant includes a stem, ball, and socket.

You will first be given anesthesia. This medicine will help you relax and not feel pain. You may fall asleep. Your surgeon will then make an incision, or cut, near the top of your shoulder.

Now able to see your shoulder joint, your surgeon will remove the head, or ball, of your upper arm bone. They will smooth out the socket, removing damaged cartilage and bone.

You are now ready for your implant. Your surgeon will press the plastic socket into your shoulder blade. Bone cement may be used to help hold it in place.

Your surgeon will then make space in your upper arm bone for the stem. Once the stem is in place, they will attach the ball.

Finally, your surgeon will join the ball and socket together, making a new, healthy shoulder joint.

After surgery, your care team will put together an exercise rehab plan to help you fully recover.