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The effect of humeral inclination on post-operative range of motion following reverse shoulder arthroplasty

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Reverse total shoulder arthroplasty has gained increasing popularity over the past several years. It has become a reliable surgery for patients with significant glenohumeral arthritis without a rotator cuff and an intact deltoid. Expected outcomes from a reverse total shoulder arthroplasty are decreased pain, but post-operative range of motion is unpredictable. Based on outcomes in our practice, we hypothesized that humeral inclination in various implants, including a 155 degree and 147-degree neck shaft angle, would affect post-operative range of motion. We retrospectively reviewed 27 patients, 15 patients with a 155 stem and 12 patients with a 147 stem. There was no difference in patient age at time of surgery or type of medical comorbidities. We chose to focus on forward flexion range of motion. We found that patients with the 155-stem had on average a 53-degree improvement in forward flexion compared to their preoperative range of motion. The patients with the 147-stem had 40-degree improvement in range of motion. In summary, patients with the 155 implants had better post-operative forward flexion when compared to the 145 stems.

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