



Why Live with Chronic Shoulder Pain?



Embrace life with
SHOULDER REPLACEMENT



RESTORE YOUR QUALITY OF LIFE

You Don't Have to Suffer

THERE IS A RELIABLE, EFFECTIVE SOLUTION

Shoulder replacement (also called shoulder arthroplasty) can offer new hope for patients suffering from chronic shoulder pain.

Shoulder replacement is the third most common type of joint replacement, after knees and hips. Today orthopedic surgeons who specialize in shoulders are using advanced techniques and materials to relieve pain and restore mobility in patients with compromised shoulder function.

THERE IS A SOLUTION FOR YOUR SHOULDER PAIN



"I don't understand why people in pain don't do something to correct the pain. For me, this surgery was the answer."

Anita • Age 79 • Reversed Total Shoulder Replacement

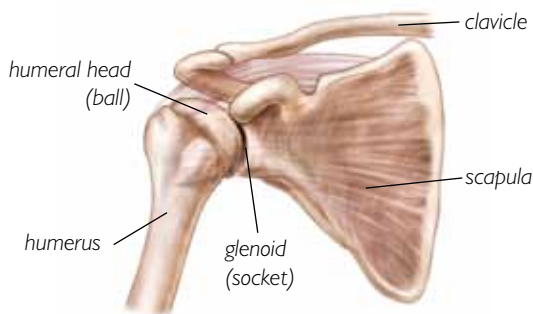


RESTORE YOUR QUALITY OF LIFE

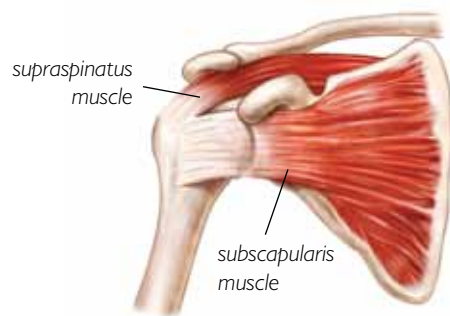
Chronic shoulder pain can limit your activities, keep you from your everyday tasks and make it hard to sleep at night. With a shoulder replacement, you may be able to reduce or eliminate shoulder pain and regain range of motion, so you can return to your normal activities.

HOW IT WORKS

The shoulder joint is a ball and socket that connects the upper arm to the body. Conditions that can affect the bones include arthritis, fracture or shoulder dislocation. The shoulder joint is held in place by ligaments and muscles, including the rotator cuff group of muscles, which often are associated with shoulder problems.



Normal Shoulder Anatomy



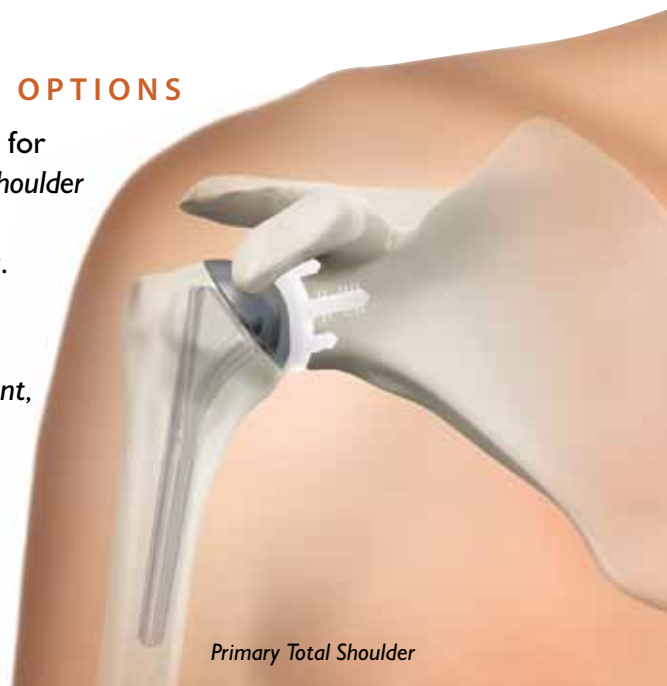
Anterior Rotator Cuff Muscles

SHOULDER REPLACEMENT OPTIONS

There are generally three procedures for shoulder replacement – *primary total shoulder replacement*, *reversed total shoulder replacement*, and *shoulder resurfacing*.

Primary Total Shoulder

With a *primary total shoulder replacement*, the ball (humeral head) of the shoulder joint is replaced with an implant that includes a stem with a smooth, rounded metal head. The socket (glenoid) is replaced with a smooth, rounded plastic cup that fits the head of the ball perfectly.



Primary Total Shoulder

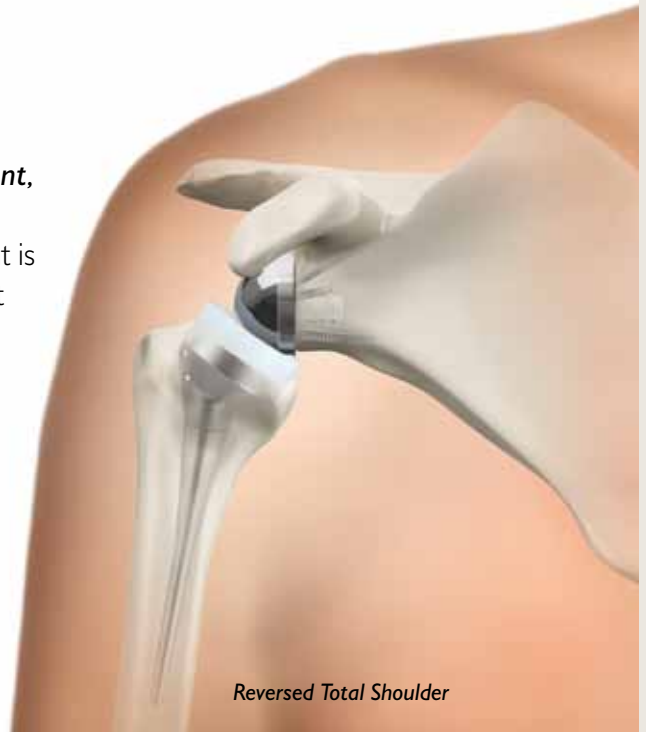


“I couldn’t reach cabinets in my kitchen. It was uncomfortable to drive a lot. I couldn’t sleep on my right side. I really felt limited.”

Anita • Age 79

Reversed Total Shoulder

With a reversed total shoulder replacement, the normal structure of the shoulder is “reversed.” The ball portion of the implant is attached to the scapula (where the socket normally is) and the artificial socket is attached to the humeral head (where the ball normally is). This allows the stronger deltoid muscles of the shoulder to take over much of the work of moving the shoulder, increasing joint stability. A reversed procedure is often indicated for patients with compromised rotator cuff function.



Reversed Total Shoulder

Shoulder Resurfacing

An option for some patients is shoulder resurfacing. With this procedure, the damaged humeral head is sculpted to receive a metal “cap” that fits onto the bone, functioning as a new, smooth humeral head. This procedure can be less invasive than a total shoulder replacement and can provide pain relief; however, your shoulder specialist will advise the best option for your specific condition.



Shoulder Resurfacing



WHAT TO EXPECT

Shoulder replacement is performed in the hospital by an experienced, specialized surgical team. The procedure generally takes 1-3 hours, and a hospital stay of 1-3 days can be expected.

Most people are able to return to normal everyday activities such as dressing themselves and grooming within the first two weeks after successful shoulder replacement surgery. Your physician will let you know when it is safe to drive (generally not until at least six weeks after surgery) and perform other tasks.

Total recovery time is approximately 3-6 months, and physical therapy is required to gain range of motion with the new joint.

As with any surgery, success will depend on your age, activity level and other factors. Your doctor will determine if you are a good candidate for shoulder replacement surgery, and can help you understand what to expect from the procedure and your recovery.

SHOULDER REPLACEMENT CAN HELP REDUCE OR ELIMINATE SHOULDER PAIN AND CAN ALLOW YOU TO REGAIN RANGE OF MOTION. IT MAY HELP YOU RETURN TO NORMAL DAILY ACTIVITIES.



MAKING THE CHOICE

Shoulder replacement surgery may be an appropriate treatment for you if you:

- have limited arm and shoulder movement
- are unable to perform everyday tasks comfortably
- are losing sleep because of the pain
- have had x-ray or MRI tests showing arthritis or other chronic problems
- are not getting pain relief from medication, injections or physical therapy

An orthopedic specialist who is experienced in shoulder replacement can evaluate your particular situation and determine whether you are a candidate for the procedure. The performance of a prosthetic joint and how long it will last depend on many factors, including the type of implant used and your physical condition, activity level and lifestyle.



"I had pain that took my breath away from arthritis. Essentially, the day after surgery, that pain was gone."

Greg • Age 55 • Reversed Total Shoulder Replacement

SHOULDER REPLACEMENT DEVICE



Tornier Aequalis®
Primary Shoulder,
Humeral Stem
and Head



Pegged Glenoid



Keel Glenoid



Tornier Affiniti™
Primary Shoulder
Humeral Stem
and Head



Tornier
Resurfacing Head



Tornier Aequalis®
Reversed Humeral
Stem and Glenoid
Device

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For more than 50 years, Tornier has been a pioneer in the orthopedic industry. Tornier designs, manufactures and markets joint prostheses to help health professionals treat people around the world and enable them to regain their active lifestyles. We have partnered with physicians to place more than 100,000 shoulder implants.

This pamphlet contains general medical information and does not replace the medical advice of your physician. If you have questions about your medical condition or exercises, ask your doctor or health care provider.

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