

## Shoulder Replacement Seminar

On May 2, 2011, Fort HealthCare performed a live tweet of knee and hip replacement seminar. The presenter was orthopedic surgeon Isidoro Zambrano, MD. Below is the documentation of the tweets sent throughout the seminar.

Please note: Tweets are in reverse order, so begin reading from the bottom.



### Fort HealthCare

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Thanks for following us and have a good night! For more info, visit [FortHealthCare.com/Ortho](http://FortHealthCare.com/Ortho) #jointpain

All of FHC's surgeons have been trained with the latest techniques. Come see us. No procedures we can't do. #jointpain

Arthroscopically, you have less pain and return to work sooner. Less blood loss. There is always a chance surgery will be open. #jointpain

A: Yes. Younger surgeons have often trained on arthroscopy. Older ones MAY have been trained on it. Open surgery is OK, too. #jointpain

Q: Does the surgeon's age matter? #jointpain

Don't wait several months to get things checked out. You don't need to anymore. Surgeries can be done minimally-invasiveness. #jointpain

A: Yes and no. Preventing injury is key. Glucosamine chondroitin won't hurt, but there are no specific supplements to prevent it. #jointpain

Q: Are there vitamins or supplements to prevent injury or wear and tear? #jointpain

See lots of tears when it starts to snow, pulling the snow blower to start. #jointpain

A: (cont) Often because you're using different muscles. #jointpain

A: Depends on HOW you move it. May be inflammation. Therapy will show if there is muscle weakness. #jointpain

Q: Sometimes my arm will work in one position (overhead) but not out to the side. Why? #jointpain

A: 6 months to 1 year. Depends on injury severity. #jointpain

Q: What's timeline for recovery? #jointpain

A: No. Blood supply not good. Will be weaker in the area with #jointpain. Requires help. PT strengthen surrounding muscles for stability.

Q: Can a cuff tear repair itself? #jointpain

A: Have sent some pts to a chiro. If it's joint (not spine) and it's been 4-6 weeks of treatment, it may be time to see an ortho. #jointpain

Q: Been seeing a chiropractor. Pain reaching across body and overhead. Should I see an orthopedist? #jointpain

A: Yes #jointpain

Q: If it is the neck, do you refer it to another doctor? #jointpain

A: Exam. Moving arm around. Injections. "If I can't get you to have pain with shoulder positions, it's likely not your shoulder." #jointpain

Q: How do you determine if it's neck or shoulder causing pain? #jointpain

A: Things like brushing teeth, combing hair aren't affected. Rock climbing and weight lifting may be problematic. #jointpain

Q: Do you lose strength for everyday activities? #jointpain

A: Injections can effect healing. Depends on the type of pain and expectations.

Q: Does a steroid shot reduce pain to put off replacement? #jointpain

Injections help differentiate what area is problematic (neck, shoulder, etc.) #jointpain

Q: When you speak of injections, what is that? A: Cortisone. #jointpain

Time for questions! #jointpain

Procedure is in-patient, so you're overnight. Must be careful with other surgeries, including dental procedures. #jointpain

Sedentary lifestyle accommodates this particular surgery. #jointpain

Shoulder arthritis can be treated with a replacement where the ball and socket are reversed!  
Reserved for those in late 60s. #jointpain

In older people the bicep tendonitis doesn't look good, so open surgery is more likely.  
#jointpain

Symptoms: pain relief with rest, deep ache in front of shoulder #jointpain

Bicep tendonitis, caused from tears, direct injury, degeneration, etc. #jointpain

Usually treated by "sticking a needle in it" and decompressing the area. #jointpain

Calcific tendonitis cause largely unknown, wear-tear-aging, lack of oxygen to affected area.  
#jointpain

AC Arthritis caused by weight lifting, constant stress, AC injury. #jointpain

Fixed with a SLAP Repair. Anchors in the middle and right-side of shoulder. Up to surgeon to determine how many sutures needed. #jointpain

Labrum tear can be fixed arthroscopically. #jointpain

Labral tear (where bicep attaches, happens where there's overhead activity: tennis, volleyball, basketball, etc.) #jointpain

Untreated dislocations will often come out again. #jointpain

Posterior dislocations (in the back) often from electrocution or seizures. Rare. #jointpain

Shoulder dislocations usually happen in the front of the shoulder. Over 40, most tear the cuff.  
#jointpain

Treatment includes physical therapy, manipulation in the operating room and surgery.  
#jointpain

Symptoms include limited ROM, painful, tightness. #jointpain

Adhesive capsulitis common in diabetics. Cause is largely a mystery. Hard to treat. #jointpain

Some surgeries require use of a graft. #jointpain

Post-op you're in a sling and supervised therapy. #jointpain

Surgery options: arthroscopic debridement/repair, acromioplasty, graft, SAD, Mumford, biceps tendon. #jointpain

Isolated cuff tears are RARE. Most likely there are other problems or symptoms. #jointpain

If tissue is too worn out, it may not heal. Surgery or joint replacement will be less successful b/c blood supply is diminished. #jointpain

All MRIs will show some abnormalities, so abnormalities are normal. Believe it or not. #jointpain

If you have full motion, you'll likely need surgery. If motion is limited, you'll need to regain some prior to surgery. #jointpain

Tears caused by degeneration, poor blood supply, excessive force, direct injury, etc. #jointpain

Symptoms inc. pain, weakness, inability to sleep on affected side, limited active range of motion (ROM). #jointpain

Time for rotator cuff tears! #jointpain

Doc will use an injection in the office to see if that offers relief of pain. If so, it is almost certainly a shoulder problem. #jointpain

Thorough exam will show if it is a shoulder, neck or back issue. #jointpain

Shoulder impingement requires removal of part of the shoulder. Joint doesn't need much motion, so this isn't problematic. #jointpain

Patients with impingement don't always have a previous traumatic event. Pain when reaching or sleeping is a symptom. #jointpain

Shoulder impingement means there's not enough room in part of your shoulder so bursa sac is inflamed. Caused by muscular injury #jointpain

"Old way" of shoulder surgery was OPEN, more risky. #jointpain

#jointpain anatomy <http://yfrog.com/h26qgxoj>

Shoulder anatomy, impingement, rotator cuff tears, arthritis, tendonitis, etc. coming up... #jointpain

Zambrano's interests include arthroscopy, joint replacement and fractures. #jointpain