

here is your guide to

# Minimally Invasive Shoulder Replacement



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# Minimally Invasive Shoulder Replacement

Every joint replacement candidate has a varying amount of cartilage damage in the affected joint. Traditional total shoulder replacement uses a stem and ball made from a metal alloy such as titanium or cobalt chromium. The stem is inserted into the upper arm bone and the ball replaces the head of the humerus. The glenoid is often resurfaced with a durable medical-grade plastic, called polyethylene.

The Copeland™ Humeral Resurfacing Head is a minimally invasive joint replacement. The Copeland™ implant, unlike a total shoulder implant, is designed to cap only the top of the humerus. The implant requires less bone and cartilage removal, which makes it much more conservative than total joint implants.



**Total Shoulder Implant**



**Copeland™ Shoulder**

The Copeland™ implant's design allows patients to potentially recover more quickly and with less pain. The Copeland™ Humeral Resurfacing Head is also potentially less complicated to replace should future revision total shoulder replacement procedures become necessary.

## Complications

While uncommon, complications can occur during and after surgery. Some complications include infection, implant breakage, nerve damage, and fracture, any of which can require additional surgery. Although implant surgery

is extremely successful in most cases, some patients still experience pain and stiffness. No implant will last forever and the patient's post-surgical activities can affect the longevity of the implant. Be sure to discuss these and other risks with your surgeon.

There are many things that your surgeon may do to minimize the potential for complications. Your surgeon may have you see a medical physician before surgery to obtain tests. You may also need to have your dental work up to date and may be shown how to prepare your home to assist in your recovery.

## After Surgery

After surgery, you will probably be hospitalized for one to two days. On the day after surgery, the bandages are removed and you begin light physical therapy to restore motion and promote blood flow to your joint. You will wear a sling for up to six weeks after surgery to protect the soft tissues in your shoulder while they are healing. During this time, a physical therapist will teach you a variety of exercises that will help restore motion to your shoulder. Many patients are prescribed exercises that are performed three to four times a day for brief 10–15 minute sessions.

As you regain shoulder motion, you may start using light weights or large rubber bands in your physical therapy to help build strength. Your doctor will determine the condition of your shoulder before prescribing strengthening exercises. Every person's recovery time will vary, but most people should be able to drive in two to six weeks, garden in two months, and golf in three months. Your surgeon will tell you when you can return to these activities and will also tell you which activities to avoid.

## Is the Copeland™ Humeral Resurfacing Head Only for People with Osteoarthritis?

There are several indications for the Copeland™ implant including rheumatoid arthritis,

traumatic arthritis, and correction of deformity. Patients must have a functioning or reconstructable rotator cuff to be candidates for the Copeland™ implant.

## What Type of Rehabilitation Can I Expect Following Surgery?

Exercise is necessary for proper healing and for regaining motion and strength. Most surgeons will recommend passive arm movements within 48 hours after surgery. Physical therapy will begin in the hospital and continue after discharge for approximately six to eight weeks. Your surgeon will then prescribe exercises for you to perform on a regular basis.

## How Often Will I See My Surgeon After Surgery?

Your surgeon will set a follow-up schedule for the first year after surgery to evaluate your progress. Your surgeon will most likely want to see you every year or two thereafter. Complications can occur with implants, so seeing your surgeon when you notice a change in symptoms can assist in evaluating any changes that may occur with your new joint.

## Closing

We know the decision to have surgery is sometimes difficult. We hope this brochure has helped you understand some of the basics of minimally invasive shoulder resurfacing surgery so that you can make the best decision for yourself.

This brochure is not intended to replace the experience and counsel of your orthopedic surgeon. If you have questions about the Copeland™ Humeral Resurfacing Head or minimally invasive surgery, please ask your orthopedic surgeon. If you do not have an orthopaedic surgeon, please refer to the doctor listings provided in this brochure.