Your diagnosis is **shoulder rotator cuff tears/deficiency with or without glenohumeral arthritis.**

**What is the rotator cuff?**
The rotator cuff is a group of four tendons that originate on the shoulder blade and attach to the front, back, and top of the head of the humerus (upper arm bone) like a cuff on a shirt sleeve. These tendons are connected to short, but very important muscles that originate from the scapula. When the muscles contract, they pull on the rotator cuff tendons, causing the shoulder to rotate upward, inward, or outward, hence the name "rotator cuff."
**What is a rotator cuff tear or deficiency?**

When a sufficient enough injury to one of the rotator cuff muscles occurs, it can cause the tendon to tear. Sometimes, the tear isn’t from a specific injury, rather a tear can occur from wear and tear over time. If a tear isn’t surgically repaired and the muscles are allowed to atrophy (waste away), the rotator cuff no longer functions adequately. This is described as a rotator cuff deficiency.

![Rotator Cuff Tear](image)

**What is glenohumeral (shoulder) arthritis?**

The glenohumeral joint is the shoulder joint. It is a ball and saucer (rather than socket) joint with the ball being the head of the humerus and the saucer being the glenoid of the scapula.

Glenohumeral arthritis is a degenerative condition of the shoulder joint where the joint surface becomes inflamed. This may be from osteoarthritis which describes the normal “wear-and-tear” of the joint, or from rheumatoid arthritis which is an autoimmune process where the body’s own immune system attacks the joint surface.

![Glenohumeral Arthritis](image)
What are the symptoms of a deficient rotator cuff & shoulder arthritis?
The most common symptoms are:
- pain
- weakness
- limited active motion such as reaching a high shelf or combing your hair
- night pain
- difficulty sleeping

How does reverse shoulder replacement surgery help?
In reverse shoulder replacement surgery, the painful surfaces of the damaged shoulder are resurfaced with artificial shoulder parts. It is called a “reverse” shoulder replacement because rather than resurfacing the humeral surface with a humerus and the glenoid surface with a glenoid, the opposite will be done – reversing the anatomy of the joint. The

Removing the arthritic joint surfaces and replacing them with the metal implant alleviates the pain. By changing the anatomy of the shoulder the deltoid muscle is able to function like the rotator cuff functioned, allowing you to lift your arm overhead again.

Short stem reverse shoulder replacement