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Why am I having a Reverse Total Shoulder Replacement?

A reverse total shoulder replacement is primarily considered when a person has a painful arthritic shoulder and the rotator cuff function is compromised most commonly due to large tears. In essence the 'ball and socket' are 'reversed'.

In a healthy shoulder, the rotator cuff muscles help position and power the arm during range of motion. A conventional replacement device also uses the rotator cuff muscles to function properly.

The reverse total shoulder replacement functions without an intact rotator cuff due to greater prosthesis stability and its reliance on different muscles to move the arm. The reverse total shoulder replacement mainly relies on the deltoid muscle, instead of the rotator cuff, to power and position the arm.

Outcomes of reverse total shoulder replacement are often more predictable than a conventional replacement and its use in Australia continues to grow such that of all total shoulder replacements currently performed more than 2/3 are of the reverse shoulder replacement design.

