

Cycle 3- Shoulder
2306 - Treatment Options for Shoulder Arthritis
SCRIPT

(1)

EDMOND YOUNG, MD:

The treatment for shoulder arthritis in the early phases really focuses on helping manage the patient's pain.

(2)

DANIEL ACEVEDO, MD:

Conservatively-- really we start off with taking anti-inflammatory drugs, non-steroidals such as ibuprofen or aspirin. And that really just kinda calms down the symptoms.

(3)

EDMOND YOUNG, MD:

Physical therapy is also important to maintain range of motion, and also to make sure that the muscles around the shoulder provide good support and proper mechanics so that the joint itself is properly aligned.

(4)

BRENT DAVIS, MD:

Cortisone is a medicine that's used for multiple different problems. So if you have a joint that's worn out or arthritic and you inject cortisone into it, that is gonna be a temporary pain relieving medication. And how long it relieves the pain varies dramatically. Some patients only a few hours or days, other patients weeks or months.

(5)

EDMOND YOUNG, MD:

In the most advanced stages-- it's sort of like having-- a bald tire on your car. At some point, you just need a new tire. And that's when we consider a joint replacement.

(6)

DANIEL ACEVEDO, MD:

It's a surgery where we make a little incision from about here to here on the shoulder. And what we do is we basically resurface the joint. And then give you a new shiny metal ball which is a new smooth surface to act like cartilage.

(7)

DANIEL ACEVEDO, MD:

Then for the socket side, we actually-- smooth it out and then place a plastic-- we call it a glenoid implant. And we resurface the whole joint.

(8)

JANICE ROSENFELD, patient:

Before surgery, I couldn't snap my bra. I could not-- wash my hair or anything up above-- my shoulder. I was in absolute agony. And-- setting the table, washing dishes-- you know, just the pressure on this arm. My quality of life was really, really suffering.

(9)

EDMOND YOUNG, MD:

Joint replacement for the shoulder has undergone a lot of advances, and has become a very reliable method of treating shoulder arthritis. It obviously requires a procedure and the rehabilitation involved with that. But it can be very effective in restoring movement and relieving pain.

(10)

JANICE, patient:

Now I can carry plates to the table. And I can set them down. And I can hook my bra. And I can raise my arms.

(11)

DANIEL ACEVEDO, MD:

The options we have particularly with shoulder replacements are very good. So they can rest at ease knowing that there are good options for them. And they can manage their pain and improve their function for hopefully the rest of their life.

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