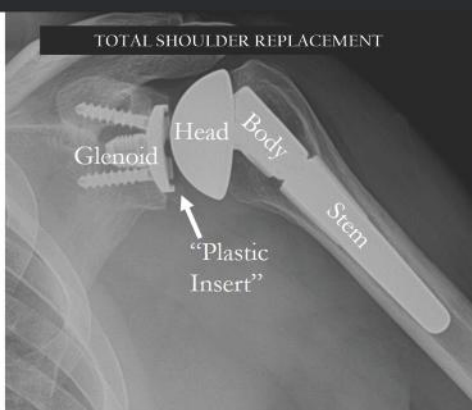
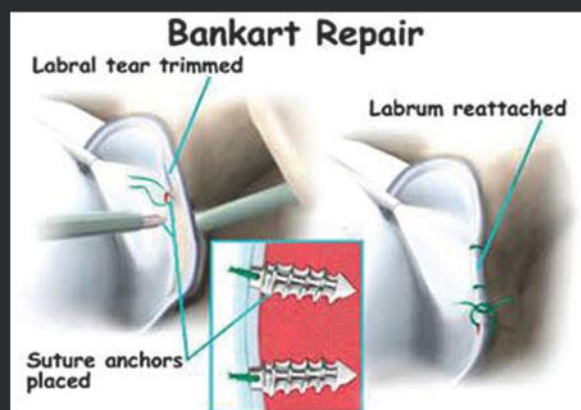


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Heal your joint problems with expert help



The shoulder joint is one of the most complex and mobile joints in the body. As it allows nearly 360 degree movements, it is a highly unstable joint and prone to dislocations. Among the young and active individuals with repeated episodes of dislocation, labral, cuff tear or impingement, Arthroscopic repair can work wonders and offer stable, pain-free joints.

Total Shoulder Arthroplasty (TSA) is an evolving, successful procedure to treat severe shoulder pain and stiffness that often results from end stage arthritis.

MOST COMMON CONDITIONS AFFECTING THE SHOULDER INCLUDE:

1. Periarthritis shoulder
2. Painful arc syndrome
3. Impingement
4. Post traumatic arthritis



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5. Rheumatoid arthritis
6. Chronic rotator cuff tear and Tendinopathy
7. Subacromial bursitis with acromial spur

Early stages of the above conditions, respond well to anti-inflammatory medication and physiotherapy and 90-95 percent of patients with the first three conditions recover from it. Patients who are not advised surgery are:

1. Those who aren't restricting their daily activity
2. Paralysis of the rotator cuff and deltoid
3. Patients with progressive nervous system disease

Depending on the cuff integrity of a patient, a TSA or Reverse Shoulder Replacement surgery is planned. In TSA, the worn out/diseased glenoid is replaced by the socket and the worn out humeral

head is replaced by the ball, and the cuff is well preserved and sutured back. Reverse Shoulder Arthroplasty is advised when the cuff is damaged or degenerated significantly and in cases of tears. It is the most promising surgery in cuff arthropathy or tendinopathy. Patients are hospitalised for 2-3 days and hand and wrist movements begin immediately. Patients return to desk work in two weeks and their normal lifestyle in about three months post-surgery. Proper patient selection considering his/her general and neurological status and expectations post-surgery are essential. Proper and extensive physiotherapy is critical to achieve best outcomes.

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