

HEMIARTHROPLASTY WITH GLENOID REAMING

AKA “Ream and Run”

What Can I Expect?

KEVIN KO, MD

Shoulder and Elbow Surgeon

OPA Orthopedics

Seattle, WA

What is a humeral hemiarthroplasty and glenoid reaming (ream and run)?

In this procedure, the humeral head is replaced with a smooth metal ball. The socket is not replaced but is refinished in way that gives it a smooth surface and a shape which matches that of the humeral ball. Because the socket side of the joint is reshaped and the ball side replaced, the rough arthritic surfaces are eliminated from both sides of the shoulder joint. Over time the reamed glenoid can form a secondary type of cartilage known as fibrocartilage.

How do you replace the humeral head?

The prosthesis will be placed through an incision down the front of the shoulder. The ball component is usually pressed to fit securely into the center of the humerus (arm bone)

Length of Stay

Typically you will spend 1-2 nights in the hospital after this surgery. You will need to have someone to drive you home after you have been discharged.

Anesthesia

Patients usually have two types of anesthesia for this surgery. The first is general anesthesia, which means you are asleep and unaware during the surgery. The second type of anesthesia is a nerve block which numbs the operative arm. The nerve block will last about 12-18 hours and during this period you will not be able to control your arm and it will feel strange to you. The anesthesiologist will speak to you on the day of surgery. The ultimate choice of anesthesia technique is up to you and your anesthesiologist.

Incision

You will have an incision down the front of your shoulder. After the incision has healed, it is usually very thin and not very noticeable.

Pain

All surgical procedures are associated with some discomfort and all patients perceive pain differently. In general, the pain associated with this procedure is controlled with the pain medication that will be prescribed for you prior to discharge. After the nerve block wears off

you will have discomfort. It is important that the pain does not inhibit you from performing the post-operative stretches as these are very important to the outcome of your surgery

Sling

Your arm will be placed in a sling prior to leaving the operating room. When you go home you only need to wear the sling for protection (i.e. in a crowded area) but should keep the arm in a resting position by your side at all times except when performing your stretches.

Dressings

You will go home with a clear waterproof dressing across the front of your shoulder. You can shower immediately after the procedure. The dressing will stay in place until your follow-up appointment.

Physical Therapy

Before leaving the hospital you will be taught your home exercise program. For the first several weeks of recovery you will do these very gentle exercises at home. These exercises are the most important aspect to the success of your surgery, particularly regaining your motion. Formal physical therapy may be prescribed to you after your initial recovery.

Restrictions

Recovery from this procedure is typically 6+ months although patient can notice improvement following their surgery up to two years following surgery. During the initial recovery, there will be restrictions on your arm. You may drive when you feel that you can properly control a car and you are **NOT** taking narcotic pain medication.

- First 6 weeks:** no active reaching and lifting, no closing doors, no reaching behind your back, and no repetitive movements
- 1.5-3 months:** No lifting greater than 10 lbs
- After 3 months:** No restrictions, but continued therapy is needed