



Martin Bailey is back in form after undergoing total shoulder replacement surgeries

# SHOULDERING THE LOAD

Total shoulder replacement restores full function

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**It takes a lot to throw Martin Bailey off his stride.** Even a severe case of arthritis in his shoulder didn't slow him down. The martial arts enthusiast from Woodbridge kept up his exercise routine — lifting weights and working through the pain. Then one day he looked in the mirror and noticed something odd: his body was leaning to the right.

Bailey returned to Jeffrey Lovallo, MD, a pioneering shoulder surgeon at Inova Alexandria Hospital, who had diagnosed his arthritis five years earlier. This time, the arthritis was so bad Dr. Lovallo couldn't even see the shoulder joint on the X-ray.

“My advice to anyone suffering shoulder pain is this: don’t put it off. When your daily routine is hindered, go ahead and have it done.”

Five weeks later, Bailey underwent a total shoulder replacement surgery.

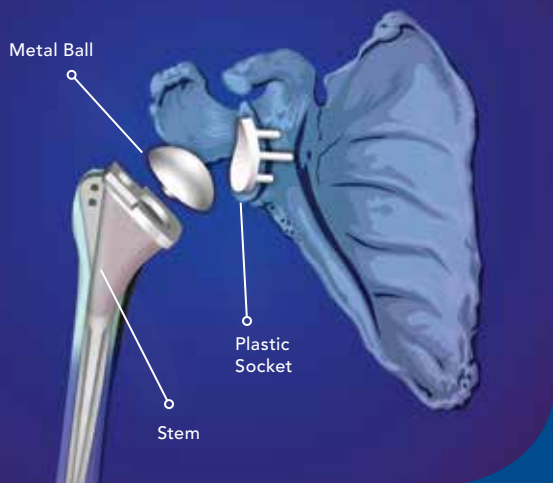
“This minimally invasive procedure involves replacing the arthritic joint surfaces with a metal ball attached to a stem and a plastic socket,” Dr. Lovallo explains. “Patients with severe osteoarthritis like Martin Bailey are good candidates. For those with bigger problems, such as irreparable rotator cuff tears, we offer a reverse total shoulder replacement in which the socket and metal ball are switched.”

Dr. Lovallo performed Virginia’s first reverse total shoulder replacement at Inova Alexandria Hospital in 2004. This groundbreaking achievement ushered in what he calls “the decade of the shoulder,” with enormous advancements in shoulder surgery and replacement. He is also a founding member of the Mid-Atlantic Shoulder Society.

Just 12 hours after his procedure, Bailey was up and walking. One week later, he began rehabilitation, and

within six months he was again performing the strikes, kicks and grappling moves in his martial arts routines.

He is now back to full function and heartily recommends Dr. Lovallo and Inova Alexandria Hospital for shoulder replacement. “My advice to anyone suffering shoulder pain is this: don’t put it off,” he says. “When your daily routine is hindered, go ahead and have it done.”



## SHOULDER REPLACEMENT: WHO NEEDS IT?

Hip and knee replacement surgeries in the United States far outweigh shoulder replacement operations, but the latter can be just as beneficial in relieving pain and restoring function.

Several conditions can result in shoulder pain and disability, prompting a need for shoulder replacement surgery. One common condition is osteoarthritis, an age-related “wear-and-tear” type of arthritis. Here, the cartilage, which cushions the bones of the shoulder, softens and wears away. The bones then rub against one another. Over time, the shoulder joint slowly becomes stiff and painful. Other reasons for the surgery include rheumatoid arthritis, arthritis caused by a longstanding rotator cuff tear and severe fractures.

The surgery may help people who have the following symptoms, according to the American Academy of Orthopaedic Surgeons:

- Severe shoulder pain that interferes with everyday activities, such as reaching into a cabinet, dressing, toileting and washing.
- Moderate to severe pain while resting.
- Loss of motion and/or weakness in the shoulder.
- Failure to substantially improve with other treatments such as anti-inflammatory medications, cortisone injections or physical therapy.

Don’t hesitate to discuss options with your primary care doctor and orthopedic surgeon.

### SHOULDER REPLACEMENT SURGERY

In shoulder replacement surgery, the damaged parts of the shoulder are removed and replaced with artificial components, called a prosthesis. The treatment options are either replacement of just the head of the humerus bone (ball), or replacement of both the ball and the socket (glenoid).