Patient Activity Levels After Reverse Total Shoulder Arthroplasty: What are Patients Doing?

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INTRODUCTION

- Technical innovations in joint arthroplasty have raised patients’ expectations for functional recovery and return to activities.
- Patient satisfaction is closely correlated with resumption of regular activities. (1,2)
- Surgical indications for reverse total shoulder arthroplasty (RTSA) continue to expand with more active patients undergoing the procedure. (3,4)

METHODS

- Retrospective review of 76 consecutive RTSA patients
- All participated in sports preoperatively
- Preoperative data and patient list from prospective shoulder registry
- Follow-up phone questionnaire administered

OBJECTIVES

1. Determine the rate of return to sports activities after RTSA
2. Determine direct rates of return to individual sports after RTSA
3. Assess average time to return to sports after RTSA

RESULTS

- Average age at follow-up: 75 yrs (50-93 yrs)
- Average follow-up: 31.6 mos (12-40 mos)
- 85.5% of patients - restarted at least one sport
- Average time to return to full sports was 10.9 months (1-36 months)
- 41.4% of patients felt physical fitness improved
- 87.6% returned to higher intensity & duration
- 43.1% returned to similar intensity & duration
- 16.6% returned to lower intensity & duration

FURTHER ANALYSIS:

- Age ≤70 years old was a significant predictor of rates of return to sports (p=0.02)
- Revision patients had decreased satisfaction with return to sports (p=0.025)
- Other Findings:
  - No difference in those who returned to sports and those who did not:
    - VAS (p=0.722)
    - Revision status (p=0.446)
    - Sex (p=0.39)
    - Diagnosis (p=0.108)

CONCLUSIONS

- RTSA patients had an 85% rate of return to one or more sporting activities.
- Average time to return to full sports was 5.3 months.
- Non-contact high demand activities (skiing, golf, and tennis) had lower return rates than lower demand activities.
- Age > 70 years old was a significant predictor of decreased return to activities.
- This is first study to document both preoperative and postoperative sports following RTSA.
- This investigation offers valuable information to help manage patient and surgeon expectations.

REFERENCES