

Reverse Shoulder Replacement Ki Guide

Jab torn rotator cuff aur arthritis saath ho jaayein, tab joint ko rebuild karne ka ek alag tareeka

Agar aapko bataya gaya hai ki aapke shoulder mein rotator cuff ka bada tear hai jo repair nahi ho sakta, aur saath mein arthritis bhi hai, toh "reverse shoulder replacement" ka naam suna hoga. Yeh naam thoda confusing lagta hai – is guide mein hum simple bhasha mein samjhenge ki yeh surgery normal replacement se kaise alag hai, kis wajah se recommend ki jaati hai, aur recovery ka rasta kaisa dikhta hai. Yeh sirf jaankari ke liye hai; aapka apna decision aapke surgeon ke saath, aapki examination aur imaging dekhne ke baad hi banega.

Dr Aman Khanna

MS Orthopaedics · Fellowship trained in Sports Medicine (Lyon, France · Mumbai) and Trauma (Ganga Hospital, Coimbatore)

Gujarat Medical Council Reg. No. G-30260

■ Rotator Cuff Aur Shoulder Ka Balance

Shoulder ek ball-and-socket joint hai – upper arm ki bone (humerus) ka round head, shoulder blade (scapula) ke socket mein baithta hai. Yeh joint apni jagah par stable isliye rehta hai kyunki chaar choti muscles-tendons ka group, jise rotator cuff kehte hain, ball ko socket ke center mein pakadkar rakhta hai – jabki bada deltoid muscle arm ko upar uthane ka kaam karta hai. Dono saath mein kaam karte hain. Jab rotator cuff badly aur irreparably tear ho jaata hai, aur uske saath joint mein arthritis (cartilage ghisna) bhi ho jaata hai, toh is combination ko cuff tear arthropathy kaha jaata hai. Is stage par joint apni normal centering kho deta hai, aur sirf pain-killer ya physiotherapy se function wapas laana mushkil ho jaata hai.

■ Normal (Anatomic) Replacement Yahan Kyun Kaam Nahi Karta

Ek standard ya 'anatomic' shoulder replacement, joint ki original design ko follow karta hai – ball humerus side par lagta hai, socket scapula side par. Lekin yeh design kaam tab hi achhe se karta hai jab aapke rotator cuff tendons intact hon, kyunki wahi tendons naye ball ko center mein rakhte hain aur arm ko control karte hain. Agar cuff pehle se hi bada tear ho aur repair na ho sake, toh anatomic implant ka ball apni jagah se upar ki taraf shift hone lagta hai, joint unstable rehta hai, aur pain-weakness continue ho sakti hai. Yahi wajah hai ki irreparable cuff tear ke saath arthritis wale cases mein anatomic replacement generally suggest nahi kiya jaata.

■ Reverse Design Mein Badalta Kya Hai

Reverse shoulder replacement mein, joint ke do parts ki position literally 'reverse' kar di jaati hai – ball ab scapula (glenoid) side par fix hota hai, aur socket humerus (arm bone) ke upar lagta hai. Yeh chhota sa geometric change bahut bada farak laata hai: ab arm uthane ke liye rotator cuff ki zaroorat kam ho jaati hai, kyunki naya joint center is tarah design kiya gaya hai ki deltoid muscle akela hi zyada kaam sambhal sake. Chunki deltoid usually intact rehta hai in cases mein bhi jahan cuff tear ho, yeh design torn cuff ki limitation ko 'bypass' karne ka tareeka banta hai – cuff ko theek karne ki koshish ki jagah, joint ko is tarah rebuild kiya jaata hai ki cuff ki zaroorat hi kam ho jaaye.

- Ball aur socket ki position swap ho jaati hai (ball scapula par, socket humerus par)
- Joint ka center of rotation shift hota hai, jisse deltoid ko better mechanical advantage milta hai
- Arm uthane ka kaam mainly deltoid le leta hai, torn rotator cuff par dependency kam ho jaati hai

■ **Kaun Log Iske Liye Consider Kiye Jaate Hain**

Reverse replacement generally un patients mein consider kiya jaata hai jinme irreparable rotator cuff tear ke saath arthritis (cuff tear arthropathy) ho, jinka pehle rotator cuff repair fail ho chuka ho, ya kuchh complex shoulder fractures aur revision surgeries mein bhi yeh option use hota hai. Yeh koi 'one-size-fits-all' solution nahi hai – younger, active patients mein ya jahan cuff repair possible ho, wahan alag approach zyada suitable ho sakta hai. Aap iske liye candidate hain ya nahi, yeh sirf clinical examination, X-ray aur zaroorat padne par MRI dekhne ke baad hi tay ho sakta hai.

■ **Recovery Ka Honest Roadmap**

Recovery ek gradual process hai, aur har patient ka pace alag hota hai – isliye koi fixed 'din' ya 'hafte' ka promise nahi diya ja sakta. Broadly, surgery ke turant baad arm ko sling ya support mein rakha jaata hai taaki healing ho sake. Uske baad physiotherapy dhire-dhire shuru hoti hai – pehle gentle, protected movements, phir gradually strength aur range of motion par kaam. Function mein improvement usually weeks se lekar months tak phailta hai, aur final outcome kai factors par depend karta hai – jaise aapki age, overall health, muscle quality, aur physiotherapy mein consistency. Kuch patients ko early improvement dikhta hai, kuch ko zyada samay lagta hai – dono normal ho sakte hain. Apne surgeon se apne case ke hisaab se realistic expectations discuss karna zaroori hai.

■ **Limitations Aur Baatein Jo Dhyan Mein Rakhni Chahiye**

Reverse replacement har movement wapas nahi laata – kuch extreme ya specific positions long term avoid karni pad sakti hain, aur yeh surgeon aapko specifically batayenge. Kisi bhi joint replacement ki tarah, ismein bhi implant se related considerations hote hain jaise long-term wear, aur surgical risks jaise infection, dislocation ya nerve se जुड़ी complications – yeh sab general risks hain jo kisi bhi major joint surgery mein possible hote hain, inki exact likelihood aapka surgeon aapki health profile dekhkar discuss karenge. Yeh important hai ki decision lene se pehle aap yeh sab apne surgeon se khulke poochhein.

■ **Online Consultation Aur Emergency Ke Liye**

Agar aap dur se hain ya pehle ek general opinion chahte hain, toh online ya DM consultation guidance ke liye useful ho sakta hai. Lekin yeh physical examination, joint ki movement testing aur imaging review ka replacement nahi hai – final assessment aur surgical decision ke liye in-person visit zaroori hoti hai. Aur agar kabhi achanak severe pain, fever ke saath swelling, ya arm mein sudden weakness/numbness mehsoos ho – chahe surgery se pehle ho ya baad mein – DM ya appointment ka wait na karein, seedha nearest hospital ki emergency mein jayein.

Turant doctor se milein agar —

- Shoulder mein achanak bahut zyada dard badh jaana
- Operated joint ke around fever, redness ya swelling
- Arm ya hand mein numbness, tingling ya sudden weakness
- Arm ko bilkul move na kar paana jo pehle possible tha
- Surgical wound se discharge ya smell
- In mein se koi bhi sign dikhe toh appointment ka wait na karein – turant nearest hospital ki emergency mein jayein

Apne surgeon se ye poochhein

1. Mere case mein rotator cuff tear repair ho sakta hai ya woh irreparable maana ja raha hai?
2. Aap mere liye anatomic ya reverse replacement recommend karenge, aur is choice ki wajah kya hai?
3. Surgery ke baad physiotherapy kab shuru hogi aur uska plan kaisa rahega?
4. Reverse replacement ke baad kaunse movements ya activities long term avoid karni hongy?
5. Filhaal koi non-surgical option try karna sahi rahega ya nahi?
6. Mere specific case mein kya risks ya complications dhyan mein rakhne chahiye?
7. Surgery ke baad follow-up visits kitni baar aur kab honge?

DM 89808 22922 — second opinion · appointment (clinic ya online)

Prish Hospital, Vesu – 12-2pm · Mahavir Hospital, Athwa Gate – 4-6pm

Yeh guide sirf general patient-education ke liye hai – kisi specific patient ki diagnosis, treatment plan ya surgical recommendation nahi hai. Har shoulder ka case alag hota hai; apna X-ray, MRI aur physical examination ke basis par decision sirf ek qualified orthopaedic surgeon hi de sakte hain. Online ya DM par di gayi koi bhi jaankari sirf general guidance hai, in-person consultation ka replacement nahi. Agar severe pain, sudden weakness, fever ya wound se discharge jaisi emergency lage, turant nearest hospital jayein – appointment ka wait na karein.

Written by Dr Aman Khanna, MS Orthopaedics, Surat. Gujarat Medical Council Reg. No. G-30260. Fellowship trained in Sports Medicine (Lyon, France; Mumbai) and Trauma (Ganga Hospital, Coimbatore). Clinics: Prish Hospital, Vesu (12-2 pm) aur Mahavir Hospital, Athwa Gate (4-6 pm). Questions ke liye DM karein: 89808 22922.

Online consultation sirf guidance ke liye hai aur physical examination ka poora substitute nahi hai – emergency ya severe symptoms mein turant nearest hospital jayein.

Dr Aman Khanna · MS Orthopaedics · Fellowship trained in Sports Medicine (Lyon, France · Mumbai) and Trauma (Ganga Hospital, Coimbatore) · Gujarat Medical Council Reg. No. G-30260