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Reversed shoulder arthroplasty in cuff tear arthropathy (CTA) – Long term results: a minimum 5 years follow-up

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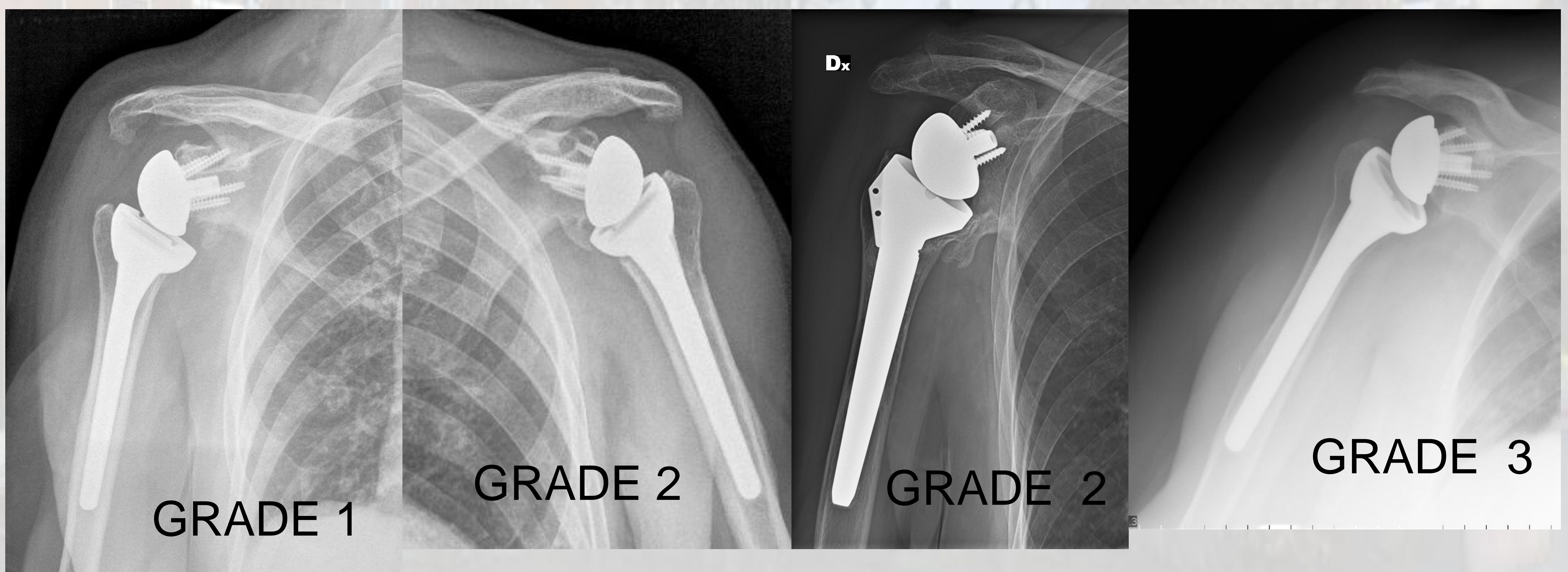
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Background RSA has proven to be an effective surgical method to reduce pain and improve function in cuff tear arthropathy (CTA). However, complications remain relatively high and have to be analyzed.

Objectives Goal of the study was to analyze long-term outcome after reversed shoulder arthroplasty (RSA) with regards to clinical function, shoulder scores and revision rate.

Study Design & Methods Between the years 2006-2013, 120 patients were treated with a reversed shoulder arthroplasty type Delta III and Delta X-tend (DePuy, Warsaw, USA). Average age 75 years, the inclusion criteria of CTA and a minimum follow-up of 5 years for 60 cases was performed. X-rays, Constant score (CS), UCLA score, range of motion and complications were evaluated.

Results The absolute CS increased from preoperative 24 points to 67 points after 5 years. The UCLA-Score improved from preoperative 10 to 29 points (5years). Active abduction improved from 60° to 138°. Overall 2 complications (2.4%) requiring revision surgery was observed. A luxation was treated with exchange of inlay. No hematoma was observed. There weren't cases of loosening prosthesis. There was a case with late deep infection: was treated with replacement with cement spacer. After 5 years inferior notching was observed in 14% (grade1), 5% (grade2) and 6% (grade3).



Conclusions In our study, an exception allow rate of complications was observed after 5 years. Successful RSA outcomes require understanding of the potential complications of the procedure.

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