Hemiarthroplasty Versus Total Shoulder Arthroplasty For Shoulder Osteoarthritis: A Matched Comparison of Return to Sports

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INTRODUCTION
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Despite clinical studies demonstrating better functional outcomes after TSA, the literature has failed to show a difference in return to sports compared to total shoulder arthroplasty (TSA) in patients with OA. Technical innovations in joint arthroplasty have raised patients’ expectations for number and higher intensity of sports compared to TSA patients.

RESULTS

OBJECTIVES
1. Compare rates of return-to-sports after HA and TSA
2. Compare functional and pain scores after HA and TSA with a preoperative diagnosis of glenohumeral osteoarthritis

METHODS
• Retrospective review of 40 consecutive HA patients
• Each matched with a TSA patient by preoperative diagnosis, age (+/- 5 yrs), sex, BMI, dominant extremity and follow up period (+/- 6 months)
• Excluded: any revision arthroplasty
• Sports were categorized by Demand type (low, medium and high demand)
• Upper extremity use needed (low or high) to participate in each sport
• Direct rates of returns: RR only calculated if patients participated in the individual sport preoperatively

CONCLUSIONS
• Rate of return to sports was significantly better after total shoulder arthroplasty
• Hemiarthroplasty patients had significantly
  • More pain
  • Worse sport and surgical satisfaction
• Decreased ability to return to all sports
• Decreased RR to high upper extremity use sports
• For active OA patients wishing to return to sporting activities, this study demonstrates superiority of anatomic total shoulder replacement

REFERENCES