

Rehabilitation and Return to Activity Following a Reverse Total Shoulder Arthroplasty: A case study of a professional rodeo cowboy.

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Background: Reverse Total Shoulder Arthroplasty (rTSA) is a relatively new procedure in this country and generally reserved for an elderly population. Generally, the outcomes are very successful but somewhat limited due to the change of anatomy and age-appropriate outcomes of the patient.

Purpose: The purpose of this case study is to examine the outcomes of a much younger patient and his functional outcomes as a professional rodeo cowboy.

Case Description: The patient is a 44 year old male who underwent a Right rTSA (dominant extremity) and returned to farm work, carpentry work and his obligations as a professional rodeo cowboy. He had a complex history with numerous shoulder issues. With dramatic changes to his articular surface and a supraspinatus deficiency, it was determined that a rTSA would be his best option for return to function and decrease his pain. The patient was seen for 12 visits over a 5 month period. He resides 80 miles from our clinic, so we saw him for 5 treatments in the first month focusing on regaining his ROM. The remaining 7 visits were spaced out over the next 4 months to advance his strengthening program.

Outcomes: The patient was a world champion bull fighter who was hoping to decrease his pain and regain some degree of function. He did have positive gains with his clinometrics as well as his overall function. He did understand that a return to rodeo was not recommended, however, he was able to regain enough strength and stability after a rTSA to fulfill his outstanding contractual obligations and participate in his duties as a professional rodeo clown.

Discussion: This is a unique case in that the patient is much younger than the average patient for a rTSA. He is very active and returned to very high-level activities, much more than the typical rTSA.