

REVERSING THE APPROACH TO TREAT SHOULDER ARTHRITIS

Fremont Health's fellowship-trained, board-certified orthopaedic surgeon offers a solution for patients suffering from extensive arthritis: reverse total shoulder replacement.

EVERY YEAR, thousands of conventional total shoulder replacements are successfully done in the United States for patients with shoulder arthritis. This type of surgery, however, is not as beneficial for patients with large rotator cuff tears who have developed a complex type of shoulder arthritis called "cuff tear arthropathy." For these patients, conventional total shoulder replacement may result in pain and limited motion, and reverse total shoulder replacement may be an option.

"A reverse total shoulder replacement works better for people with cuff tear arthropathy because it relies on different muscles to move the arm," says Matthew Byington, DO, Orthopaedic Surgeon and Director of Sports Medicine at Fremont Health. "In a healthy shoulder, the rotator cuff muscles help position and power the arm through its range of motion. A conventional replacement device also uses the rotator cuff muscles to function properly. In a patient with a large rotator cuff tear and cuff tear arthropathy, these muscles no longer function. The reverse total shoulder replacement relies on the deltoid muscle, instead of the rotator

cuff, to power and position the arm."

Dr. Byington specializes in minimally invasive arthroscopic techniques and sports medicine.



Matthew Byington, DO

While he treats all orthopaedic conditions, he primarily concentrates on the shoulder, knee and elbow. These concentrations led him to pursue learning the reverse shoulder replacement technique and its benefits to patients with rotator cuff arthropathy.

During a reverse total shoulder replacement, Dr. Byington implants a metal ball into the shoulder socket and a stem into the humerus bone. This switch-up of the implants' placement allows the deltoid muscle to do the work of the damaged rotator cuff muscles.

MOBILIZING YOUR PREVENTION EFFORTS

Because rotator cuff injuries and arthritis can develop over time from strains and degeneration, regular strengthening and stretching of the shoulder muscles can help prevent serious damage. Talk to your doctor about exercises you can do at home to help keep shoulders limber.

However, should surgical treatment be necessary, patients in the Fremont region can find relief locally.

"I am one of the few orthopaedic surgeons in Nebraska performing this unique surgery," Dr. Byington says. "I am excited and honored to be able to provide the community with this service."



For more information about orthopaedic services offered at Fremont Health, visit www.fremonthealth.com/ortho.

SPORTS MEDICINE BY A SPORTS ENTHUSIAST

A former athlete, Dr. Byington won three NCAA/NAIA National Championships and an All-American collegiate title in the 800-meter run while at Nebraska Wesleyan University. He ran track professionally and competed internationally for the Santa Monica Track Club. Today, Dr. Byington brings the same dedication and level of expertise to his practice and his record proves it:

- **4** years medical school; **5** years orthopaedic surgery residency; **1** year sports medicine fellowship = **10** years post-college training
- **7** years performing reverse shoulder surgery
- **Countless** student athletes he treats as Director of Sports Medicine and team physician for Midland University, Fremont High and other high schools in the surrounding area
- **3** locations at which he sees patients, including Fremont Health Orthopaedics & Sports Medicine, West Omaha Orthopaedic Clinic and West Shores Medical Clinic

