

Minimal Release Anatomic Total Shoulder Arthroplasty

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Anatomic total shoulder arthroplasty has the ability to produce reliable, reproducible, and durable improvements in pain and function for patients with end stage severe glenohumeral osteoarthritis. Standard exposure and surgical techniques typically release the glenohumeral ligaments, and the entire glenoid labrum. However, in patients with excellent pre-operative passive motion, this may result in instability due to over-release of the soft-tissue support of the glenohumeral joint.

The surgical technique presented is that of a minimal release anatomic total shoulder arthroplasty. This technique features preservation of the glenoid labrum, the capsular and glenohumeral attachments. No additional releases are performed. The attached video is focused on the glenoid exposure, preparation and placement of a glenoid component using this technique. Upon placement of the glenoid component, the face of the glenoid becomes confluent with the labrum, as if the glenoid component was inset within the labrum.