
Glenohumeral joint osteoarthritis

What is Glenohumeral joint osteoarthritis?

- Osteoarthritis is a condition that destroys the smooth outer covering (articular cartilage) of bone or "wear" and "tear". As the articular cartilage breaks down, it becomes frayed and rough and this can cause shoulder pain. The space between the ball (humeral head) and socket (glenoid) of the shoulder decreases and this can also cause pain and loss of shoulder motion. During shoulder motion, the bones of the glenohumeral joint rub against each other, causing pain.

Activities to avoid with Glenohumeral joint osteoarthritis

- **Activity modification:** avoiding the activities which put the most stress on the arms, reducing the weight lifted by the involved arm, and attempting to modify athletic activities to those which may put less stress on the involved arm.
- Weight lifting, chopping wood, kayaking and other exercises that place "high load" on the shoulder should be avoided.
- Avoid any sudden, rapid jerking motions with shoulder.

Activities that you can perform with glenohumeral joint osteoarthritis

- Daily stretching program
- Activities that promote motion are good for your shoulder

Treatment options for Glenohumeral joint osteoarthritis

- Daily gentle stretching program
- Serial cortisone injections (every 3,4, or 6 months)
- Arthroscopic surgery
- "hit or miss"
- case by case basis
- Total Shoulder Arthroplasty (i.e. Shoulder replacement)
- Reverse Shoulder Arthroplasty (with irreparable rotator cuff tear)

