

# Obesity may limit overall function two years after shoulder replacement surgery

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Patients with obesity undergo a disproportionately higher number of elective orthopaedic surgeries in the U.S. Obesity has been linked to higher costs, complications, infections and revisions in total knee and total hip replacement surgeries. In a new study published in the *Journal of Bone and Joint Surgery*, researchers looked at the impact of obesity on the costs and outcomes of total shoulder arthroplasty (TSA) surgery.

"Our study found that with short-term follow-up, obesity does not have a detrimental effect on functional outcomes and complication rates in patients after TSA," said orthopaedic surgeon and lead study author Xinning Li, MD. "In the normal [body mass index](#) (BMI) patient group, both the shoulder function and the overall physical function improved after TSA. However, among patients diagnosed with obesity, we found that the shoulder function improved after TSA, but the overall physical function did not improve at final follow-up."

## Specific Study Details

The study involved 76 shoulder arthroplasty (replacement) patients who were grouped according to body mass index (BMI). Patients with a BMI of

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