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BMI as a Risk Factor for Early Dislocation of Total Shoulder Arthroplasty
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Background: Dislocation of total shoulder arthroplasty has an incidence as high as 31%. Obesity is one of many proposed risk factors, but no consensus exists on this relationship. The purpose of this study was to determine whether the relationship between BMI and dislocation of total shoulder arthroplasty.

Methods: The NSQIP database was used to identify patients older than 50 who underwent anatomic or reverse total shoulder arthroplasty between the years 2012-2016 for primary or secondary osteoarthritis, post-traumatic arthritis, or cuff tear arthropathy. Patients requiring reoperation or readmission for dislocation were identified by CPT code. The relationship between WHO BMI classification and dislocation was assessed.

Results: 9,382 patients were identified. 46% were male and 54% female, with an average age of 68.7 (range 50-90) and average BMI of 31.2 (range 15-79.3). There were only 24 dislocation events within the first 30 days after the procedure (0.26%). Ten of 24 (42%) occurred after discharge. 70% of cases (17 of 24) required an open procedure. Underweight patients (BMI<18.5) experienced the highest dislocation rate (1/50, 2.00%), whereas overweight patients (BMI 25-29.9) experienced the lowest dislocation rate (3/3069, 0.1%).

Conclusion: The rate of dislocation of total shoulder arthroplasty in the acute postoperative period differs across categories of BMI. However, there does not appear to be a linear association between BMI and risk of dislocation of total shoulder arthroplasty. Further studies are required to elucidate the risk factors for total shoulder dislocation.

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