

Thriving After Bilateral Shoulder Replacements

Michael Wirtz's Journey of Resilience and Recovery

Michael Wirtz's story with Dr. Chudik began about a decade ago when he fell on his left shoulder on the ice in his driveway. He endured pain and limited mobility for several years before making the decision to undergo left shoulder replacement in April 2021.

While protecting his left side, Michael then injured his right shoulder, leading to tears in both and the need for bilateral replacements. The second surgery in April 2024 went smoother and quicker than the first, though healing took longer since he's right-handed. Owning his own business meant no time off: "I couldn't stay home and recuperate, so had to work while rehabbing both times."

Both surgeries felt scary, but the second was less daunting since he knew what to expect. A lifelong athlete who played tennis, racquetball, and basketball in high school—and always worked out—Michael pushed through physical therapy despite the challenges.

Today, nearing 69, he's doing well: "This year I golfed, swam correctly, and I'm able to do most things." Rebuilding upper body strength takes time, but he's committed. He praises Dr. Chudik and his team: "All the staff are very professional and knowledgeable... and they all take the time to listen when you're asking questions. That to me is very important to the complete treatment of any patient."



Michael's advice is clear and emphatic: "My advice to anyone getting any kind of surgery is to listen to what they tell you, and do the rehab you're told to do. Not just at the rehab facility, but do it every day." He's seen friends skip rehab and face repeat surgeries, reinforcing his daily workout routine despite spinal stenosis and other issues.

Michael's double-shoulder triumphs show that with trust in expert care, daily discipline, and perseverance, active living remains possible at any age.