

Shoulder Replacement Surgery

Name: Date:

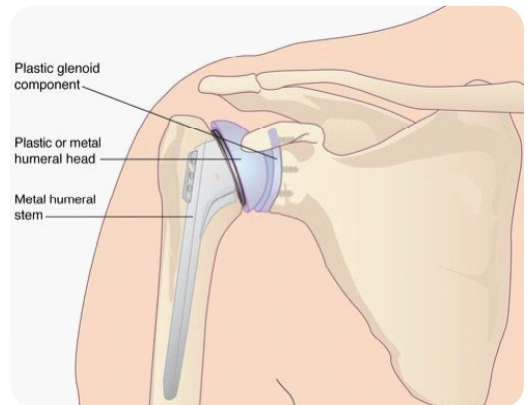
Your operation:

1.
2.

The Goal of Shoulder Replacement

Is to relieve shoulder pain and restore function to the shoulder. Highly polished artificial joint surfaces replace the diseased and worn out parts of the shoulder.

The muscles and tendons around your shoulder are weakened from prolonged disuse. Slow, gentle rehabilitation is needed. The exercises as outlined should be done 3-5 times a day. Most of the exercises can be done at home. You should consult your physiotherapist regularly to check that you are doing your exercises correctly.



Early Protection Phase: Weeks 1-2

- The **wound** should be kept **dry** for at least one week.

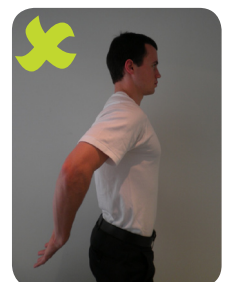
Sling Support

- you should wear your sling during the day for the first 2 weeks. You don't have to wear it to bed at night but can do so if it is more comfortable for you.
- sleep with a pillow or sling to support your arm (this helps prevent your arm dropping behind you)
- during that time you should **only** take your arm out of the sling for your exercises or to eat, wash, write and use a keyboard.



Function

- do use your hand to eat, wash, write and use a keyboard as much as you like (within pain limits)
- you can and should use your hand normally
- do **not** lift your arm above shoulder height for 6 weeks after your operation
- do **not** push up out of a chair or weight-bear through the operated arm
- do **not** reach behind you, or extend your arm behind the line of your body
- You should **not** drive for at least 6 weeks following the surgery.



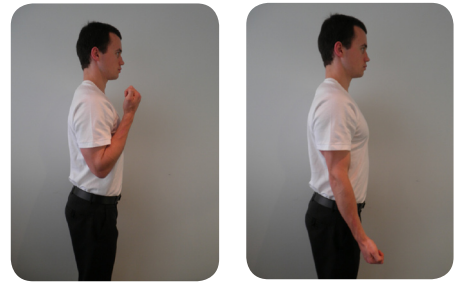
Early Protection Phase : Weeks 1-2

Exercises

- elbow, wrist and finger range of motion exercise
- help maintain grip strength by squeezing a ball, foam or putty

Elbow bend & straighten

- lying down, sitting or standing
- straighten elbow, bend elbow
- repeat 10 times, 3-5 x day



Early Mobilisation or Range of Motion Phase : Weeks 2-8

Sling Support

- wean from sling during the day, at two weeks post op
- you may continue to wear the sling while travelling or in crowded public spaces for a further two weeks if necessary

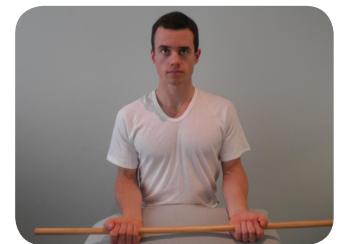
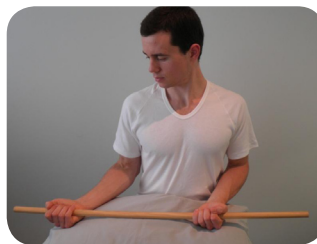
Function

- continue to use your hand to eat, wash, write and use a keyboard as much as you like within pain limits
- you may use your arm for pain-free light activities, but no lifting
- do **not** reach your arm above shoulder height for 6 weeks after your operation

Exercises

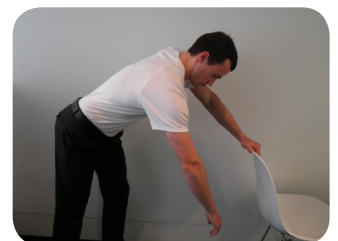
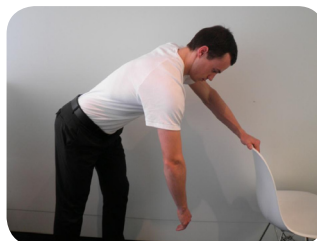
External rotation

- hold stick or umbrella as in photo
- relax operated shoulder
- gently and slowly move stick and rotate arm outwards
- keep elbows by side
- have your good arm do the work
- repeat 10 times slowly, 3-5 x day



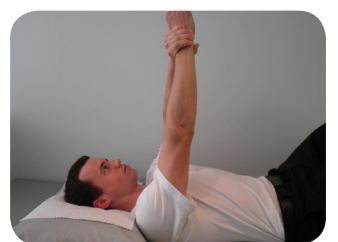
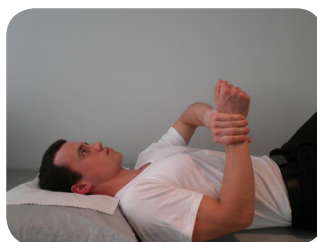
Pendulum

- lean forward
- make gently circles with arm
- 10 times each direction, 3-5 x day



Assisted Overhead reach

- lying down, relax operated arm
- use your good arm to pull the wrist up towards the ceiling, slowly, aim for 90°
- hold for 5 seconds, repeat 5 times, 3-5 x day
- progress this exercise by holding for a longer period, or increasing repetitions



Motor Control Phase: Commence at 6 weeks

Pulleys

- ask someone to setup a pulley for you
- use the good hand to gently and slowly raise the operated arm
- aim for horizontal, then higher as you improve
- repeat 10 x slowly, 3-5 x day

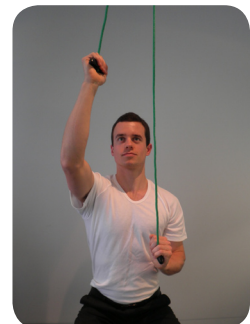
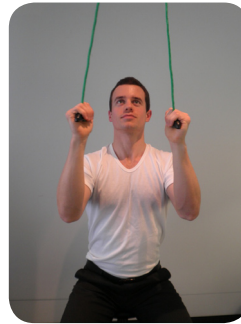
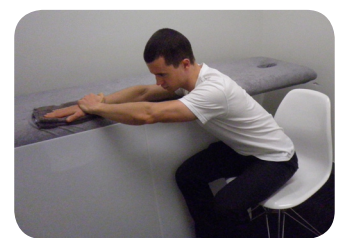


Table Slides

- sit side on, with arm supported on table
- lean body forward, slide arm along table
- keep shoulder relaxed, let your body do the work
- 5-10 slow slides, 3-5 x day



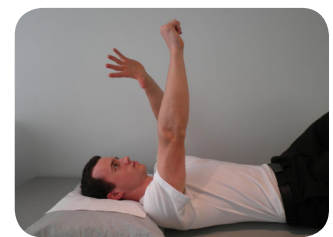
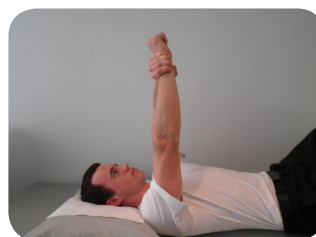
Internal Rotation or Hand Behind Back

- assist your operated arm by gently and slowly reaching up behind you with the opposite hand or by using a towel
- the goal is to reach the small of your back
- hold 5 seconds x 3 times, 3-5 x day



Static Holds

- you need to be able to do this well before progressing to the next level
- reach both arms toward ceiling as in the overhead exercise
- gently release the operated arm
- hold the operated arm out straight for 5 seconds repeat 5 time, 3-5 x day



Strength and Consolidation Phase: Week 8 and Beyond

Power or strengthening (active) exercises are only begun after range of motion has been regained, commencing 8 weeks following your surgery

Function

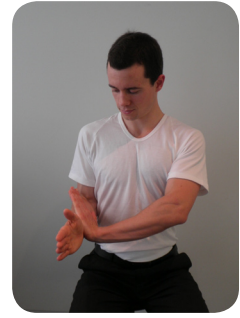
- continue to use your arm as much as you like within pain limits
- you may use your arm for pain free light to moderate activities as comfortable, steadily increase
- you may drive if you can lift you arm comfortably in front of you and turn your steering wheel without pain, start with short trips, (it is your responsibility to ensure you are safe).

Exercises

- commence these isometrics and/or rubber band exercises

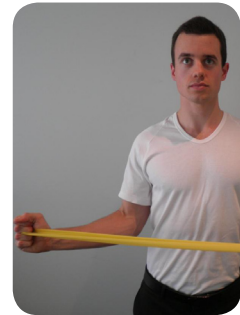
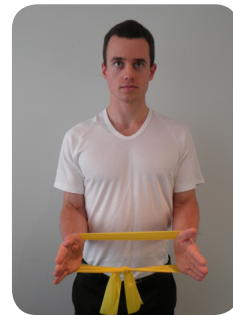
Isometrics

- press gently against your wrist to contract shoulder muscles
- you can do this pushing outwards and pushing inwards, forwards and backwards
- hold 5 seconds, repeat 5 times, 1-3 x day



External Rotation

- rotate your arm outwards against the resistance of a rubber band
- hold 5 seconds, repeat 5 times, 1-3 x day
- start gently and gradually increase pressure



More important points to remember:

- You may gradually increase your activities as comfort allows, including gently swimming. Start with breaststroke
- In general, frequent, gentle exercises are more effective than irregular, forceful efforts
- Continue the above range of motion and strengthening exercises
- If soreness develops, strengthening exercises are stopped but the range of motion exercises are continued
- Exercises should not be excessively painful
- If in doubt seek advice
- Heavy use of the shoulder should be avoided
- The shoulder should continue to improve for 12-18 months following surgery

Please do exercises only as directed by Dr Biggs and your physiotherapist, stop if you experience any significant increase in symptoms and seek their advice.

This guide/protocol/handout has been prepared based on the experience of your surgeon and current best evidence.

References:

1. Ainsworth et al, Shoulder & Elbow 2009
2. Blackwall & Newman, Shoulder & Elbow 2011
3. Murphy et al, J Shoulder & Elbow Surgery 2013