

Total Shoulder Replacement

What is a total shoulder replacement?

Your surgeon will thoroughly review your case to decide on the type of Total Shoulder Replacement that would be right for your individual procedure. The Anatomic or Standard Total Shoulder Replacement is an approach your surgeon may decide to perform when the muscles surrounding your shoulder are in good health and just the joint itself is affected. The Reverse Total Shoulder Replacement is an approach your surgeon may decide to perform when the muscles surrounding your shoulder are damaged and unable to be repaired.

Standard Shoulder Replacement



Reverse Shoulder Replacement



Use of a sling or shoulder immobilizer

It is quite common to require a Sling/Shoulder Immobilizer after a Total Shoulder Replacement. Normally, you will need to wear your Sling/Shoulder Immobilizer at all times including:

- When walking
- When sleeping

You can remove your sling:

- To shower
- When participating with therapy

Your surgeon will decide how you will use and when you can stop using your Sling/Shoulder Immobilizer.

When wearing your Sling/Shoulder Immobilizer, it should cradle your lower arm from your elbow to your hand and support the full weight of your arm. Your hand should be slightly above your elbow to lessen the risk of becoming swollen.



Precautions after your total shoulder replacement

After Total Shoulder Replacement surgery, there are movements and activities you should avoid until your shoulder has adequately healed. Your surgeon and your care team will educate you on the movements/activities you will need to avoid. The following are common movements/activities to avoid:

- Sling/Shoulder Immobilizer on at all times, except for bathing and Therapy, or if directed differently by your surgeon.
- No pushing up from a chair or the edge of the bed to stand
- No pushing or pulling with your surgical arm (including sweeping, mopping, vacuuming, closing heavy doors)
- No lifting/carrying objects (including laundry baskets, grocery bags, children, pets)
- No reaching behind you
- No active internal rotation **EXAMPLE:** NO reaching to tuck in a shirt, fasten a bra, pull up pants or perform toileting hygiene
- Avoid sleeping on the surgical side
- Avoid sudden movements with the surgical arm
- Avoid leaning on your elbows

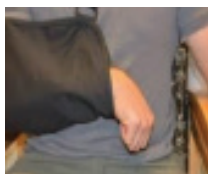
Exercises

The following exercises are examples of exercises you might perform after your Total Shoulder Replacement and will continue once you get home. We recommend practicing these prior to your surgery to familiarize yourself with them if approved by your care team.

No Shoulder Motion Protocol

(Perform each exercise 3-4 times/day for 10-15 repetitions each.)

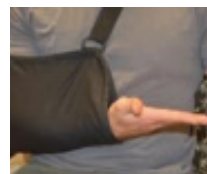
In your Sling



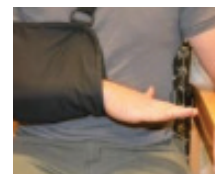
Bend Wrist down



Bend wrist up

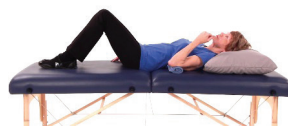


Turn Palm up



Turn Palm Down

Bend and Straighten Elbow (Either do lying down for support, or if sitting/standing, leave sling on for support.)



Hand Bend fingers to make a tight fist, then straighten fingers all the way



Early Shoulder Motion Protocol

In addition to the standard exercises above, Add the following:

Shoulder External Rotation (turning out)

Lay on back with surgery side elbow close to your side and bent to 90° (elbow at your side with fingertips up to the ceiling). Move lower arm out so your upper arm rotates out. Reach out to a target. Stop when it hurts.

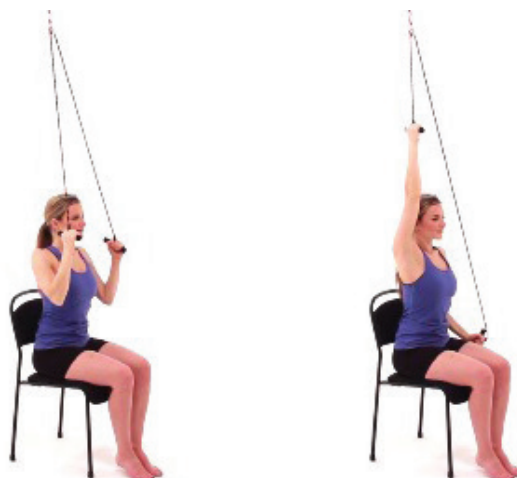
Do 3-4 times a day, 10-15 repetitions.



Shoulder Pulleys

- Place pulleys over top of door
- Place back of armless chair against door
- Pulley handles at eye level
- Place handle of pulley in surgical side hand first
- Reach up with other (non-surgical) hand, hold pulley handle, pull down slow and steady so the other arm goes up. Then gently pull down with surgical side hand.
- ALWAYS keep palms facing each other
- ALWAYS pull down, don't lift up

Do 3-4 times a day, 10-15 times each.



Advanced Pulleys (start when advised by surgeon)

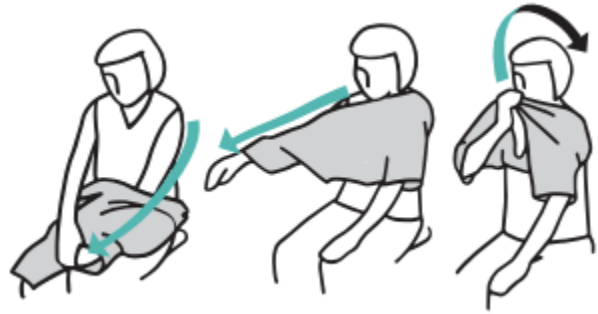
1. Sit in a chair with no arms or a stable stool facing the door. Be sure you lock the door so no one opens it while you are doing your exercises! Your toes should be 8-10 inches away from the door.
2. Hold the handles, one in each hand. Using your good (non-surgical) arm, pull the rope down while stretching your surgical arm up as far as you are able without pain
3. Still using your good arm, lower your surgical arm all the way back down. Remember: Your non-surgical arm is doing all the work and your surgical arm is just along for the ride!
4. Repeat steps 1 through 3 for a total of 10-15 times. Do this 3-4 times EACH DAY.



Putting on a shirt

Pull Over Shirt

- With shirt facing down, guide surgical arm from bottom opening through sleeve
- Pull shirt up to shoulder and put non-surgical arm through sleeve
- Hold back of neck opening with non-surgical arm to pull up and over head. Pull shirt down over trunk.

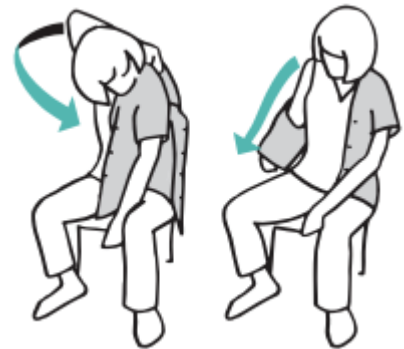


To remove shirt, grip the back of the collar and pull it over your head. Next, remove the unaffected arm and gently pull the shirt off the affected arm.

Front Opening Shirt

- Use the non-surgical arm to guide the shirt over the post-surgical arm, and then pull up to shoulder and around back.
- Put non-surgical arm through sleeve.

To remove shirt, unbutton the shirt and start by removing sleeve of non-surgical arm, then bring around off shoulder/back and slide off the surgical arm.



Showering after surgery

Your care team will instruct you prior to leaving the hospital as to when you will be allowed to shower. Remember to not use your shoulder while washing or drying. Do not scrub the incision. Pat dry around the incision.