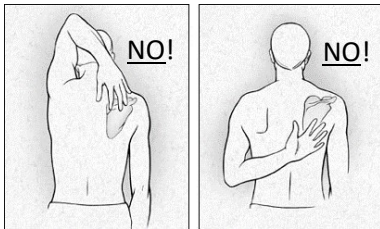


Precautions After Total Shoulder Replacement- Price

- You should adhere to these precautions at minimum until your first post-op appointment. Then, they may be adjusted by your provider.
- You should stay in the sling for the first 2 weeks day and night. During that time period, if you feel you have good, safe control of the arm you can relieve yourself of the sling as long as you follow the precautions below. (If you had a REVERSE Total Shoulder, you should stay in the sling for 2 weeks regardless of feelings of improvement)
- If you received a nerve block you **MUST** stay in the sling until it wears off completely. Do **NOT** start these exercises until **AFTER** the nerve block has worn off.

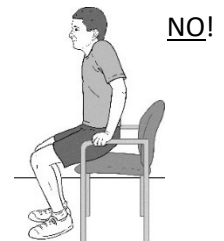
WHAT YOU SHOULD AVOID:

- **Avoid resisted internal and external rotation.** When getting dressed for the day or when putting on a coat remember to avoid moving arm away from the center of your body or towards the center of your body. This range of motion is demonstrated in the picture below. Keep surgical arm straight and place in article of clothing first to abide to this precaution.



- **Don't reach up and behind body. Don't reach behind and across body.** Both of these positions place your shoulder in a vulnerable position after a total shoulder replacement. Only use nonoperated arm while showering, doing your hair or completing any other activity of daily living.

- **Don't lift objects heavier than 1 pound.** When getting up out of a chair, don't use surgical arm to support body weight. Use uninvolved arm to lift house items or food while eating.



- **Avoid crossing the surgical arm over the body.** When getting ready for your day (combing hair, brushing teeth, or putting on deodorant) use your non-surgical arm or remember to not bring your arm across the center of your body.

WHAT YOU CAN DO (PAIN FREE):

- If you are cleared to drive, you should **only hold onto the bottom of the steering wheel**. You CAN NOT turn the wheel with your surgical arm.
- You can type or play games with your surgical arm, just be sure to follow your other precautions.



Missoula Bone & Joint Surgery Center: (406)542-9695
Missoula Bone & Joint Physical Therapy: (406)542-4702
Physician Extender: (406)542-4702 ext. 4270

Total Shoulder Replacement Home Exercise Program

- After surgery, you should do only those exercises recommended by your Doctor, Physical Therapist, or Physician Extender.
- Keep moving (home exercise program), early mobility reduces the chances of complications following surgery.
- Some exercises help control pain and improve movement in the shoulder. Other exercises strengthen the shoulder muscles.
- Do not push through pain, locking, or catching while performing the exercises. You should stop where your mobility ends and look to gain improvements each day. Do not force any movements.
- Extra pain felt after these or other exercises will let you know if you are overdoing it. You may need to change the number of repetitions or how often you do the exercises.

EXERCISE/ACTIVITY—FIRST TWO WEEKS AFTER SURGERY

- Your home exercise program is broken down into two categories: passive range of motion, and sling comfort.
 - **Do your passive range of motion exercises 2-3 times a day.**
 - **Do your sling comfort exercises 2-3 times a day.**
- It is recommended your exercise sessions are spread out throughout the day. Consider completing one session before breakfast, one session in the afternoon, and a final session before going to bed.
- Continue these exercises as instructed until your physical therapy sessions begin. Adapt the protocol per your Physician or Physical Therapist's instructions.



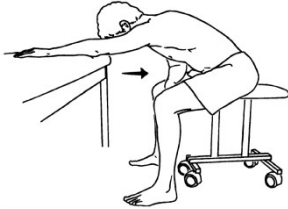
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Total Shoulder Replacement Exercises

Begin by completing 10 repetitions of each exercise, 2-3 times every day. Increase by 2 repetitions as the exercises get easier.

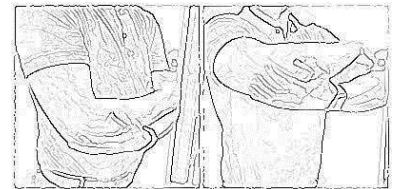
PASSIVE RANGE OF MOTION (ROM) EXERCISES

1. Pendulum Swings: Allow surgical arm to completely relax and hang in front of you. Using the momentum from your body, allow your arm to swing forwards and backwards. Your arm should remain entirely relaxed during this exercise.



2. Passive Flexion Table Slides: Placing surgical arm flat on a table, slide body away until stretch is felt. Hold stretch for 10-15 seconds. Return to upright position and repeat.

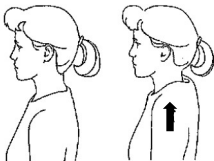
3. Assisted Shoulder Flexion: Start with your surgical arm bent at the elbow and your hand at your belly button, supporting with your other arm at the forearm and elbow. Keeping your top arm relaxed, gently raise the surgical arm up in a pain free range and hold for 3-5 seconds and the end of your range of motion. Continuing to support with your opposite arm, slowly bring the surgical arm down to the starting position.



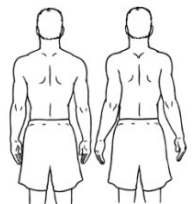
4. Passive Flexion with Pulley: Lightly place your surgical arm and opposite arm on each handle of the pulley. Keep your surgical arm in a completely relaxed state, while your opposite arm pushes down on the pulley to passively lift your surgical arm. Hold for 3-5 seconds at the end of your range of motion, then slowly lower arm to starting position and repeat. Should be a pain free range of motion.

SLING COMFORT EXERCISES

5. Scapular Pinches: With arms at sides, pinch shoulder blades together and hold for 3-5 seconds before relaxing.

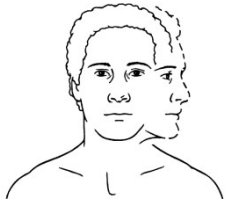


6. Shoulder Shrugs: Shrug both shoulders up while breathing in. Relax and return to starting position while breathing out.



7. Shoulder Rolls: Roll shoulders forward, up, back and down to complete a circle. Reverse direction and repeat.





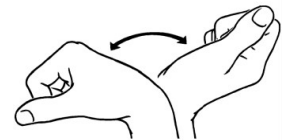
8. Neck Rotation: Turn head slowly to look over left shoulder. Return to starting position. Then turn to look over right shoulder. Repeat.

9. Neck Side Flexion: Gently tilt head to each side, by bringing your ear towards your shoulder. Return to starting position after each repetition and repeat.



10. Neck Forward Flexion: Bend head forward, bringing your chin towards your chest. Hold for 1-2 seconds and return to starting position and repeat.

11. Wrist Flexion/Extension: Actively bend affected wrist forward then back as far as possible.



12. Forearm Pronation/Supination: With affected arm in handshake position, slowly rotate palm down towards the ground until stretch is felt. Relax. Then rotate palm up towards the ceiling until stretch is felt. Repeat.

13. Towel Roll Squeeze: With affected forearm resting on a surface, gently squeeze towel. You may also use the ball at the end of your sling if you have it.



14. Elbow Flexion/Extension: With affected hand palm up, gently bend elbow as far as possible. Then straighten arm as far as possible and repeat. Stabilize your elbow on a table or arm of a chair.