

Total Shoulder

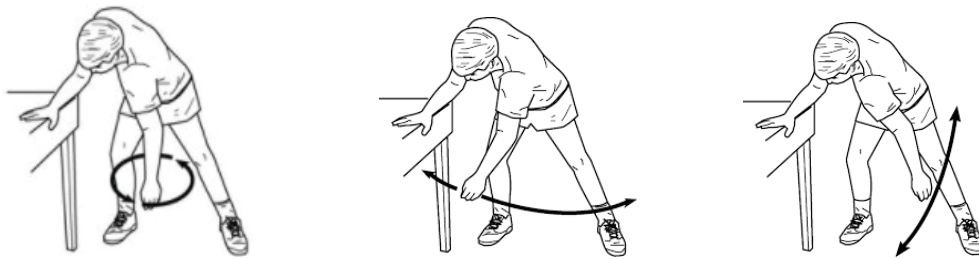
PHYSICAL THERAPY

The physical therapist and your surgeon will instruct you on an appropriate early passive motion exercises to perform prior to your discharge. The exercises should be done 2-3 times per day and should be performed to pain tolerance only. Apply ice to the shoulder for 20 minutes after exercising.

Post Op Exercises

Shoulder Pendulum

- Begin standing bent over, supporting self with other hand. Hang your affected arm toward the floor. Shift your torso in a circular motion, letting your hanging arm swing in a circle at the same time. Repeat same in a front to back motion, as well as a side to side motion.
- Make sure the movement comes from your body shifting and do not use your shoulder to create the movement. REPS: 10 | SETS: 3 | DAILY: 3 | WEEKLY: 7



Lower Arm Exercises (done to help maintain arm motion and prevent stiffness)

- Complete Exercises with immobilizer on, but the forearm strap loosened

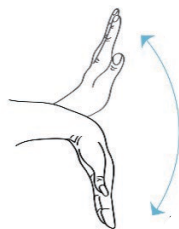
Elbow Bends

Bend your elbow so your hand moves up and down
REPS: 10 | SETS: 3 | DAILY: 3 | WEEKLY: 7



Wrist Bends

Bend the wrist back and forth
REPS: 10 | SETS: 3 | DAILY: 3 | WEEKLY: 7



Forearm Supination/Pronation

Rotate palm up and down
REPS: 10 | SETS: 3 | DAILY: 3 | WEEKLY: 7



Hand Squeeze

Grip and squeeze a small ball
REPS: 10 | SETS: 3 | DAILY: 3 | WEEKLY: 7



OCCUPATIONAL THERAPY

Getting Dressed After Surgery

Keep the immobilizer on until your provider instructs you to remove it. Instructions on removing the immobilizer and putting it on will be provided at the pre-op class and while in the hospital. **Caregivers need to be present for this instruction.** Wear loose clothing that is easy to put on and take off. Oversized, stretchy t-shirts and shirts with zippers/ buttons will be easier initially.

T-shirt donning instructions:

1. While sitting down, use the non-operated arm to put the sleeve on the surgical arm (can hang the arm down while leaning forward as though you were doing the pendulum exercises) **DO NOT ACTIVELY MOVE THE SURGICAL ARM!**
2. Pull the sleeve up and over the elbow.
3. Pull the shirt up and over the head.
4. Place the non-affected arm in the correct sleeve.
5. Adjust shirt as needed.
6. Put immobilizer back on (see immobilizer instructions).

Button down shirt donning instructions:

1. Place the surgical arm into the sleeve while leaning forward and letting the arm hang slightly as though doing the pendulum exercises. **DO NOT ACTIVELY MOVE THE SURGICAL ARM!**
2. Then put non-operated arm in the appropriate sleeve and button/zip.
3. Adjust shirt and button.
4. Put immobilizer back on (see immobilizer instructions).

You can also put a button down shirt on like a t-shirt if the buttons are partially buttoned. Some will also wear button down shirts over the immobilizer with only the non-operated arm going through the sleeve and buttoning in the front.



Additional Dressing Recommendations:

- Use slip on shoes or shoes with elastic laces or Velcro.
- Wear loose pants with an elastic waist so you do not have to manage zippers or buttons.
- Women, if you prefer to wear a bra, wear a strapless bra or tuck the strap under the affected arm to reduce pressure on your new shoulder. A tank top or camisole may be a more comfortable option.

Sleeping

- Lying in bed will be very difficult after surgery, recliner-type chair may be preferred initially.
- Keep the affected arm in the immobilizer while sleeping.
- Place a pillow behind your shoulder blade and under the elbow.

Bathing

- Sit to bathe and dress because your balance may be affected post-surgery.
- Tub transfer benches or shower chairs should be used to increase safety when showering or bathing.
- Grab bars can increase safety in tubs or showers if they are on the non-affected side of the body.
- Use a long handled sponge for bathing, but ask for help with washing hair and drying off after bathing.
- Do **NOT** push yourself up from chairs or baths with the affected arm.
- Do have a support person assist you with getting in/out of shower/tub.

Eating and Hygiene

- Do **NOT** use the affected arm to prepare meals or eat.
- Do **NOT** use your affected arm to wipe after toileting or to pull up your pants.