



Shoulder Replacement

The following information will help you prepare for your shoulder replacement surgery. It is important that you understand and follow the rehabilitation guidelines to give yourself the best chance of recovery from surgery. If you have any concerns or questions at any time, please discuss these with me or your therapist.

Things You Should Know

- You will require a general anaesthetic +/- regional block.
- The operation normally takes between 60 to 90 minutes.
- You will have an incision at the front of your shoulder
- The usual hospital stay is 3 or 4 nights
- Transfer to a specialised rehabilitation centre can be extremely beneficial following hospital discharge. We can discuss this prior to your surgery or while you are in hospital.
- The dressings are waterproof, so you can shower (out of the sling) resting your operated arm on your abdomen or by your side
- Apply an ice-pack regularly to your operated shoulder in the first few days after surgery to reduce pain and swelling
- Take regular pain relief in the first few days, then as required
- **You will need to wear a sling for 4 weeks**
- During this time, you can come out of the sling three times a day to do your physiotherapy exercises.
- You will also be shown by your therapist how to perform self-directed JPL stretching exercises. **AT NO TIME ARE THESE STRETCHES TO BE FORCEFUL !!!** Let your shoulder motion come back in a smooth, painless, gradual way.
- After 4 weeks – you can come out of the sling and you are allowed to perform usual gentle activities of daily living
- Driving is allowed once you come out of your sling, i.e.4 weeks

Appointments:

Dr Young - day 10-14, 6 weeks, 3 months & 6 months, 1 year, 2 years, 5 years, 10 years

NOTIFY DR YOUNG OR YOUR THERAPIST IF THERE IS ANY UNUSUAL OR INCREASING SWELLING, REDNESS OR PAIN

Rehabilitation Guidelines

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| 0-4 weeks: | Sling full-time, NO active use of the operated arm, commence Phase 1 and 2 of JPL exercise protocol |
| 4-12 weeks: | Active use of arm for gentle activities of daily living (NO lifting more than 2kg, no sudden pulling or pushing motions), commence Phase 3 JPL exercise protocol |
| 3-6 months: | Normal use of arm (but NO heavy lifting, i.e. >5kg, or sudden lifting or pulling motions), continue JPL exercises |
| 6 months: | Resume full activities including progressive return to sporting activities |

If you have access to a heated pool or Hydrotherapy centre, then I strongly recommend that you take advantage of this form of therapy to aid with your rehabilitation. If you like, I can provide you with contact details for a centre near you.