



ADVANTAGE ORTHOPAEDICS, P.C.

William O. Thompson, MD

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POST-OPERATIVE INSTRUCTIONS

TOTAL SHOULDER REPLACEMENT

1. Rest the day of surgery. Your arm will be in sling following surgery. Continue the sling at all times except when doing your exercise. **DO NOT** use your operative arm for anything away from your body until the doctor allows you. You will only stress the suture repair and it may fail, leading to an unsatisfactory result ☹. Apply Ice Packs as often as possible the first 3-4 days (20 minutes per each hour) as necessary to reduce pain and swelling. Continue to ice after Physical Therapy sessions.
2. Do not take a Cox 2 specific Anti-Inflammatory Medication (Vioxx, Celebrex or Bextra). You may take advil or ibuprophen with food 2-3 tablets 2-3 times a day. **If you have a history of problems with Anti-Inflammatory Medications, you should not take any.**
Pain Medication (Narcotic: Vicoden or Percocet) should be taken as needed with a small amount of food. If you have any side effects from a medication, discontinue its use and call our office.
3. Remove the outer dressing and gauze wrap after 3 days postop and replace with a sterile dressing each day and as needed. Do not use bacitracin or any ointments on the incision. Keep your incisions clean and dry. If you wish to shower cover your shoulder with plastic to keep area dry and replace the dressing after. If the incision gets wet, blot it dry with a clean towel and redress.
4. Notify the doctor if you develop a fever (101.5), chills, excess incision drainage, or increased numbness in arm. (Small amounts of blood tinged drainage, numbness at incision site with swelling and bruising of upper arm area to the elbow are normal findings following surgery)
5. Return to (sedentary) work or school several days after surgery, only if pain is tolerable. Returning to heavy labor or excessive lifting or reaching work will be determined by the physician.
6. You will be more comfortable if you sleep in a recliner or propped up on pillows for the first few days after surgery. It will also keep tension off the surgical site if you keep your elbow forward (in front of you) as much as possible.
7. Begin the exercises as marked on the enclosed sheet the day after surgery as tolerated.
8. If you have any questions **PLEASE** feel free to call the office.



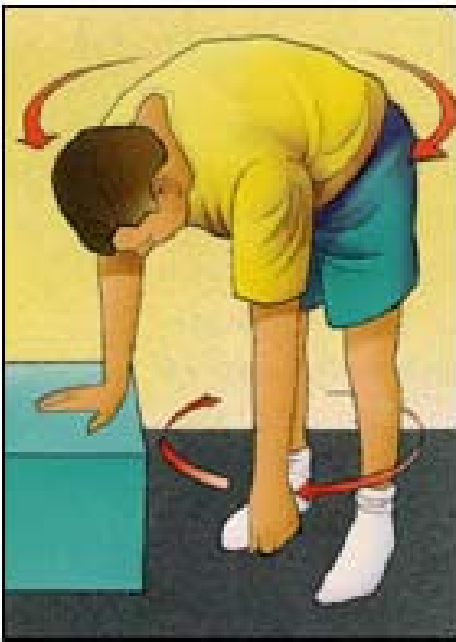
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Pendulum, Circular



- Bend forward 90 degrees at the waist, using a table for support.
- Rock **body** in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times.
- Your arm will dangle and your body motion will generate the rotation, as if it is a pendulum.
- Do 3 sessions a day.

Supported Shoulder Rotation



- Keep elbow in place and shoulder blades down and together.
- Rotate forearm to the outside. (30°-40°)
- Rotate arm to abdomen.
- Slide forearm back and forth.
- Repeat 10 times. Do 3 sessions a day.
- Use a stick or cane for assistance.



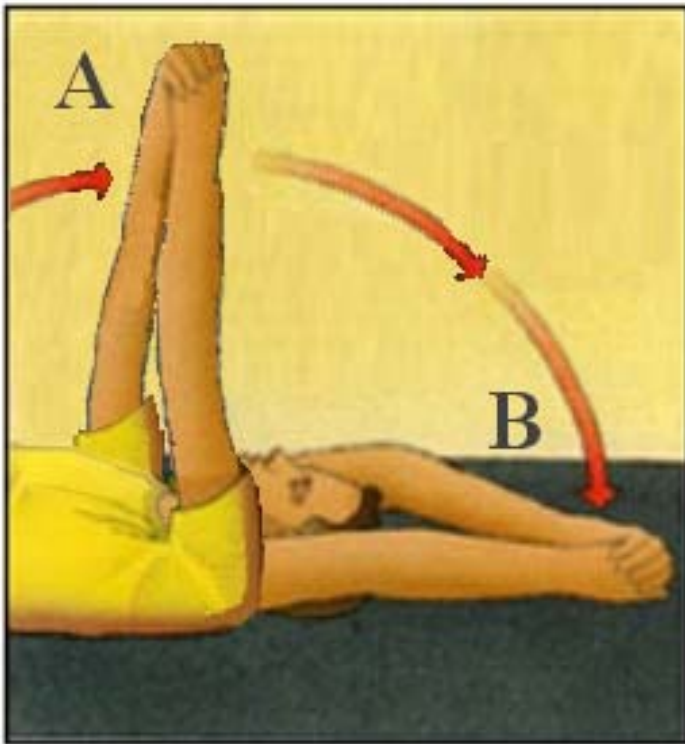
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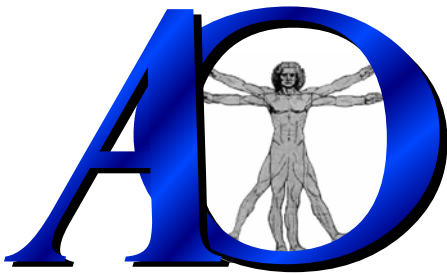
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Shoulder Flexion (Passive)



- Clasp hands together and lift arms above head. Use the Non-operative arm to lift the operative arm. DO NOT use the operative arm to lift,
- Should be one lying down. Keep elbows as straight as possible.
- Stop at **A** for the first 2 weeks, progress to **B** as comfortable.
- Repeat 10 to 20 times. Do 3 sessions a day.



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- Do the above exercises as tolerated, if you experience severe pain you should stop.
- Soreness the next day is to be expected, but should not last more than a day.
- Passive range of motion of the shoulder promoted by the above exercises is the key to a rapid recover.
- Your restoration of shoulder motion will allow formal physical therapy to begin later in the recovery. This is beneficial if your insurance coverage for physical therapy is limited by your HMO.