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Instructions for Patients having Shoulder Replacement.

1. Note a sling will be applied in theatre which will encircle your body. This is to be left on at all times and will only be removed by the physio, who will show you how to do exercises. He/ She may change the sling for a more comfortable one. There will be a large wound pad covering smaller dressings, this will be removed approximately 12 hours after surgery. Wound is to be kept dry until reviewed 1 weeks after surgery.
2. After discharge, ring Debbie on 8376 9988 for an appointment for follow-up approximately 10-12 days after surgery.
3. Physiotherapy usually to see patient prior to discharge, and your regular physiotherapist will need to see you in the week after discharge. Please see following appendix for physio instructions.
4. Usually pain improves on a daily basis, but patient to rest at home and slowly do more each day. **If however pain suddenly increases, shoulder swells or redness or fluid discharges, please contact me ASAP- pager available on 8378 2179.**
5. I will review you at 2 weeks after surgery, at which time any more specific questions can be answered. If however there are any specific concerns prior, please don't hesitate to contact me on 8376 9988.

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Appendix:-

PHYSIO INSTRUCTIONS FOR TOTAL SHOULDER REPLACEMENT

Immediate Post-Op

1. Elbow, hand ROM, Neck exercises
2. Shoulder pendular exercises
3. Shoulder Girdle exercises

2 weeks

1. Internal and external rotation exercises avoiding IR against resistance and external rotation causing pain
2. Assisted Elevation (i.e stick, pulley)

4 weeks

1. Therapeutic assisted abduction ? Therapist assisted or auto assistance
2. Isometric rotator cuff strengthening within limits of pain

6 weeks

1. Increasing power of internal and external rotation and abduction (i.e. theraband)
2. Proprioceptive work
3. Scapula exercises