

1. Internal and external rotation exercises- avoiding external rotation past neutral
2. Assisted Elevation ( i.e stick, pulley )

#### **4 weeks**

Sling should be abandoned by now

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. Scapular exercises



## **Total Shoulder Replacement Post Operative Instructions**

**Gavin Anthony Nimon**

M.B.,B.S. F.R.A.C.S. (Orth) F.R.C.S (Ed)

Consultant Orthopaedic Surgeon

Specialising in Shoulders, Hands, Knees and Sports Injuries

Glenelg Orthopaedics

47 Broadway

Glenelg South 5045

Ph 8376 9988

Web <http://www.glen-orth.com>

Fax 8219 0046

A/H 8378 2179

## **Total Shoulder Replacement**

### **Post Operative Instructions**

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 2 weeks after surgery.
2. On discharge, you will be given a post operative appointment for follow-up approximately 7-10 days after surgery. If you have not received this please telephone Debbie on 8376 9988 to make a time.
3. Physiotherapist 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.

Gavin Nimon

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## **TOTAL SHOULDER REPLACEMENT**

### **PHYSIOTHERAPY INSTRUCTIONS**

#### **Immediate Post-Op**

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

**2 + weeks**