



Your Total Shoulder Joint Replacement Guide

Important phone numbers and locations

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Bemidji, MN 56601

Sanford Bemidji Orthopedics & Sports Medicine (218) 751-9746
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Sanford Health HealthCare Accessories (218) 759-9391
(800) 828-5462



Welcome to Sanford Health Orthopedics. We are honored to care for you. We hope this information helps you prepare for your surgery and recovery. If you have questions, please call and ask any one of your healthcare team to get your questions answered.

This book is a guide. Your surgeon, nurses, or therapists may change some information in this book to meet your needs.

About My Surgery

Surgery date _____

Check-in location _____

Arrival time _____

No food or drink, except water, the morning of surgery unless you are given different instructions from your surgeon. You may drink water until _____

My surgeon _____

My doctor _____

My coach _____

Emergency contact and phone number _____



Table of Contents

About Your Shoulder.....	5
Total Shoulder Replacement Surgery	6
Your Orthopedic Healthcare Team.....	7
Preparing for Your Surgery.....	9
Your Surgery	14
Day Before Surgery.....	17
Day of Surgery.....	17
After Surgery.....	18
When to Call Your Surgeon.....	22
Preparing to Go Home	22
Leaving the Hospital	23
Checklist Before You Leave the Hospital	24
Total Shoulder Exercises.....	25
Plan for the Day	31
Notes.....	32

About Your Shoulder

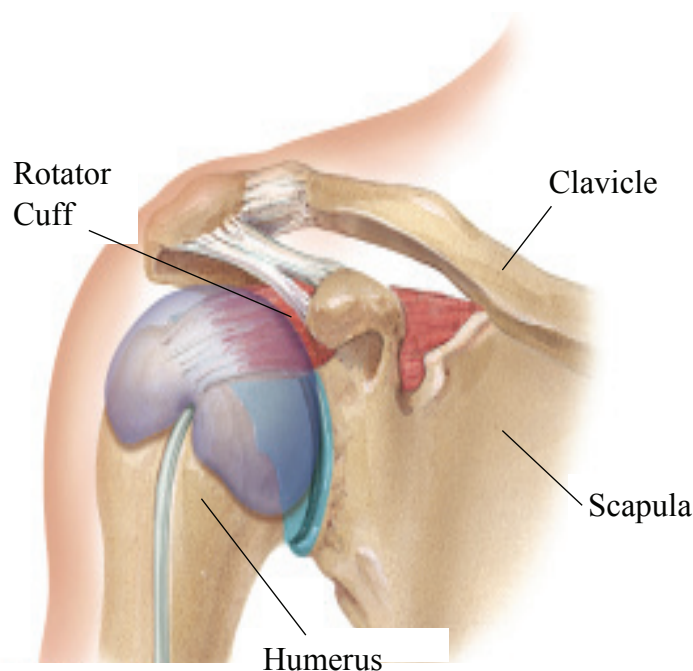
Knowing about your shoulder can help you learn how your shoulder works and understand your surgery.

A Healthy Shoulder

Your shoulder is the most flexible joint in your body. It is a ball and socket joint, which allows you to move your arm in most directions. The shoulder joint has a ball shaped end of the upper arm (humerus) bone. This is held in place by muscles and soft tissue in a socket (scapula). When the shoulder is healthy, it is able to glide smoothly in the socket. When the shoulder becomes damaged, movement becomes difficult and painful.

A healthy shoulder has the following parts:

- **Rotator Cuff** - is found in the shoulder and made up of 4 muscles and their tendons.
- **Cartilage** – a slippery, strong flexible tissue. It is found where the bones meet. The cartilage helps the bones to glide over each other.
- **Tendons** – tough bands of tissue that attach the muscles to the bones. Muscles are needed to help move and support the shoulder joint.
- **Ligaments** – short bands of stretchy tissue that connect bones to other bones.
- **Bursa** – is a sac-like structure that has fluid in it. It cushions the shoulder parts when they move.



Total Shoulder Replacement Surgery

Shoulder surgery is done to relieve pain and maintain or increase motion in a damaged or diseased joint. Depending on your age and the amount of damage to your shoulder, you may need to have all or only part of the joint replaced. Your surgeon will decide this.

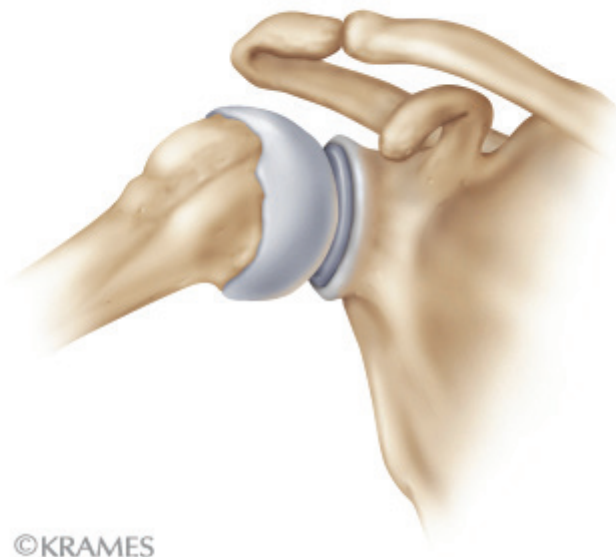
Total Shoulder

Total shoulder replacement surgery removes the damaged and painful areas. These areas are replaced with specially designed metal and plastic parts. Together, these parts make up the implant. Some artificial joints are kept in place with special cement. Others have surfaces into which your bone can grow.

Muscles and tendons hold natural joints in place. During surgery, these may be cut to free a place for the new joint. When the new joint is put in place, they are reattached or removed. As those muscles and tendons heal, they will also help hold your new joint in place.

Your orthopedic surgeon will replace the top rounded end (ball) of the bone in your upper arm (humerus) and the cup-shaped part of the shoulder bone (scapula). This creates a new smooth cushion that will allow the joint surfaces to glide normally without pain when you move.

Your surgeon tests the fit and alignment of the implant. When the implant fits correctly, its parts are secured to the bones. The parts are joined, forming a new joint.



Your Orthopedic Healthcare Team

Your healthcare team helps get you back on your feet by preparing you for surgery and recovery. You and your family are important members of the care team. Please let us know if you need anything. We have many team members who work with you and your coach for a successful recovery. Your team may include the following:

- **Orthopedic surgeon** performs your shoulder surgery and manages your care.
- **Anesthesiologist** gives you medicine during surgery to prevent you from feeling pain.
- **Medical doctor/hospitalist** may help in managing your care.
- **Coach** is a person you choose to support you in preparing for and recovering from your joint replacement surgery. This person can be a spouse, friend, or family member. Your coach will provide support and encouragement throughout your experience.
- **Nursing staff** will care for you before, during, and after your surgery. They will help keep you comfortable and safe while you are with us.
- **Physical therapists (PT)** will assess your strength and balance, teach you how to use a walking device, if needed. They will teach you how to go up and down stairs safely.
- **Occupational therapists (OT)** teach you the best and safest ways to do daily activities such as:
 - Getting dressed
 - Getting in and out of a chair, bed, tub, or shower
 - Getting on and off the toilet
 - Doing household tasks
 - Helping you choose equipment needed during your recovery
- **Case management team** will help plan your move from the hospital to your home or next level of care. They will also arrange for any equipment or services you will need.
- **Pharmacist** will oversee your home and hospital medicine. If needed, they will teach you about your medicine before you leave the hospital.

Other team members may include dietitians, chaplains, lab technicians, transporters, and respiratory therapists. The healthcare team works together to help you recover as quickly as possible.

Your Role

When it comes to preparing for and recovering from surgery, much of the work is up to you. Your healthcare team will help as much as they can, but **you** have the biggest role in making your surgery successful. You will need to get your home and body ready for surgery. Following your doctor's orders before and after surgery will make a big difference in your recovery.

Coach Responsibilities

Your coach also plays an important part in your surgery and recovery. This person should be a spouse, relative, significant other, or friend who will be able to support you before, during, and after your hospital stay. Your coach will **not** be expected to lift or carry you. If you are under 18 years old, you **must** bring a parent or legal guardian with you. They should plan to:

- Attend the pre-op (before surgery) joint replacement class with you if you are instructed to go
- Help you with:
 - Doing your exercises
 - Putting your brace on and taking it off
 - Putting your clothes on and taking them off after surgery
- Give you directions and reminders
- Attend therapy the morning after surgery with you while you are in the hospital
- Stay with you and be available to help for **at least** 3 days after you leave the hospital



Preparing for Your Surgery

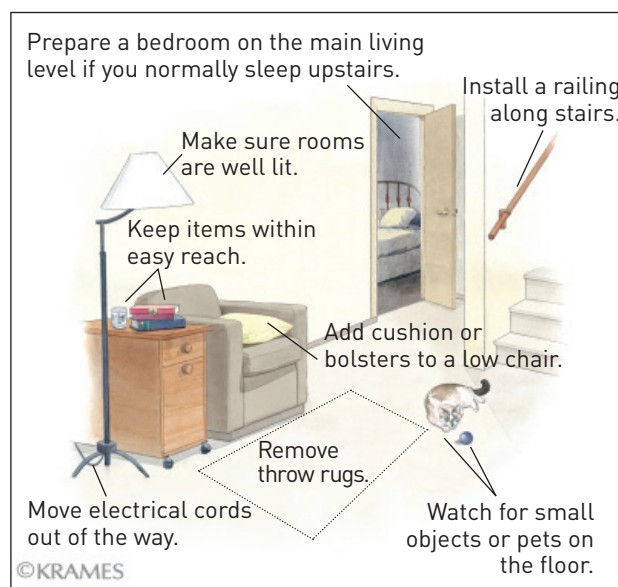
Preparing Your Home

Make your home safer and more comfortable for your recovery. Ask a friend or family member to help you. Do as much as you can before your surgery.

Home Safety

Prevent falls and other injuries by making a few simple changes around your home.

- Always keep your cell phone or cordless phone with you.
- Use chairs with straight backs and sturdy arm rests which make it easier to stand.
- Raise the seat height of a low chair by adding a cushion.
- Clear clutter from pathways so you do not fall.
- Ask someone to help clean up spills.
- Remove throw rugs.
- Tape down electric cords or tuck them behind furniture.
- Use a night-light or have a light source in every room.
- Move the items you use most often to counter height to avoid excess bending or reaching.
- Do your laundry before having surgery.
- Clean your house before having surgery or ask others to help you clean.
- Wear shoes that fit and will not fall off your feet when you walk. Do not walk around in your socks.



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Kitchen

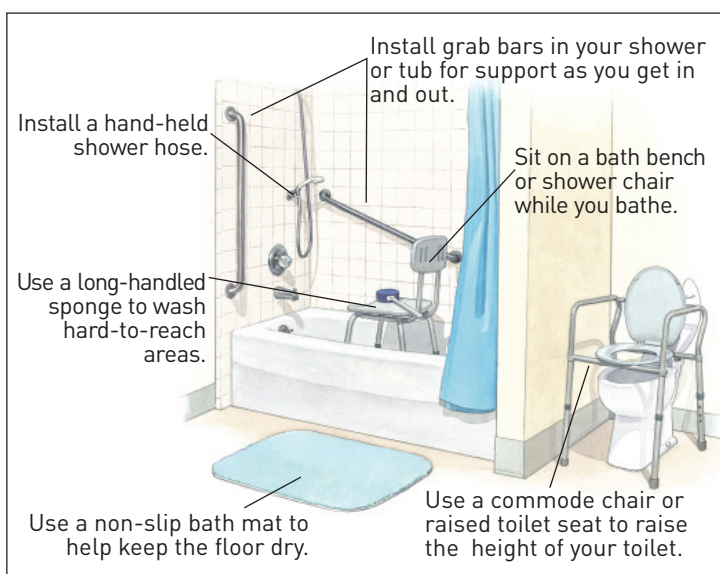
- Plan some easy-meal menus and shop in advance.
- Make and freeze meals ahead of time. After surgery, you may want bland/comfort foods.
- Stock up on foods that are easy to prepare.
- Many grocery stores will deliver an order right to your door. Contact your local grocery store for more information.

Bedroom

- Sleep on a bed that you can get in and out of easily.
- Consider installing a bedrail to make getting in and out easier.
- Consider having a bedroom on the main level. Do not sleep on your surgical side or on your stomach. If you are using an ice machine when you are home, consider where your ice machine will be plugged in so that you can use it during the night.
- Some people find it more comfortable to sleep in a recliner or propped up on some pillows for a period of time after surgery.

Bathroom Tips

- Prevent slips and falls by installing railings and non-slip surfaces.
- Check existing grab bars for strength and stability, and repair if needed.
- Make bathing easier by using a shower hose, liquid soap, a long-handled sponge, and a bath bench or shower chair without a back.
- Watch out for hazards, such as wet floors.
- Dry off in the shower to prevent bringing water out onto the floor.
- Stock up on toiletries and other items you will need during recovery.



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Stairs

- Arrange things so you do not have to use the stairs often.
- Make sure stairs have handrails that are securely fastened to the wall.
- Fix loose or uneven steps.
- Cover bare wood stairs with nonskid strips. If there is carpet, be sure it is firmly attached.

Outdoors

- Try not to walk on uneven sidewalks or ground.
- When stepping off a curb, be aware of its height.
- Add more outdoor lighting if needed.
- Watch for pets that could trip your feet, jump on you, or lie in your walking path.
- Plan for a pet sitter or dog walker if needed.
- Arrange for help with yardwork or snow removal ahead of time.
- Decide which of your vehicles you can get in and out of the easiest.

Help at Home

In the first weeks after surgery, you may want some help at home. Arrange for this now. Family and neighbors may be able to help with meals, cleaning, laundry, driving, and other demands. Check into community services available in your area.

Shoulder Immobilizer

You will have an immobilizer placed on your surgical shoulder. You will be told:

- When you need to wear this
- How long you need to wear this.
- How to take this on and off

Special Equipment

Do not buy any equipment. Consider **borrowing** from others. Your therapists will talk with you during your hospital stay about what equipment you may need to use after surgery. Some of these may include:

- Extra cushions to raise the seat of your favorite chair
- Hand held shower head
- Shower chair
- Grab bars
- Reacher or dressing stick
- Elastic shoe laces
- Sock-aid
- Long shoe horn

Getting Ready for Surgery

Sanford Health has created a booklet called **Getting Ready for Surgery**. This booklet will answer some questions you may have about having surgery at Sanford.

- How does Sanford keep me safe?
- How do I get ready for surgery?
- What will the day of surgery be like?
- How will my pain be managed?
- How can I recover well?



In that booklet, you will also find:

- A list of questions that will be answered by a nurse before surgery. This may be during a phone call or a visit to a surgery center. Write down any special instructions in the space provided at the end of the book.
- A checklist of the steps needed to help you get ready for surgery.



Things to Bring to the Hospital

Paperwork

- ☐ Forms required by your insurance carrier.
- ☐ A copy of your Healthcare Directive or Durable Power of Attorney for Healthcare if you have one. If you do not have one of these and would like more information, talk with your healthcare team.
- ☐ This book and any other education material you were given about your surgery.

Money

- ☐ You may need a form of payment (cash, check, credit card) for discharge medications and equipment.
- ☐ A small amount of cash if you want to purchase a newspaper in the front lobby.

Personal items

- ☐ Cases for your glasses, dentures, and/or contact lenses. Label the containers with your name to keep them safe when not in use.
- ☐ Things that help you feel comfortable and support your healing. Some examples may be music, pictures, or religious material.
- ☐ Loose, comfortable clothes.
- ☐ Walking shoes.

Medicine

- ☐ Depending on where you have your surgery, you will be asked to bring all of your home medicine in their original bottles **or** a complete list of the medicine you take at home. This includes vitamins, herbals, dietary supplements, inhalers, ointments, eye drops, and Nitroglycerin. **Ask your healthcare team how they want you to bring your current medicine.** A nurse or pharmacist will review the medicine with you.
- ☐ We may request that your family take your medicine back home again.

Personal Medical Equipment

- ☐ If you use a CPAP machine for sleep apnea, bring the machine and cord. Also, bring your CPAP tubing, mask, and settings.
- ☐ Bring devices you use to walk at home such as a cane or brace.

Options to Protect Your Valuables

- ☐ Leave your valuables at home, as you will be spending time in therapy and away from your room. You are responsible to keep track of your items.
- ☐ Have a family member take your checkbook, wallet, credit cards, large amounts of cash, jewelry, and sentimental items.
- ☐ Ask your nurse to place your valuables in the hospital safe.

Your Surgery

Being prepared will help your joint replacement surgery go more smoothly. Make a checklist of things you need to know. Then write down your questions. Your healthcare team will answer your questions.

Before Surgery

There are things that must be done before your surgery.

- Schedule an appointment for your physical exam with your primary doctor. You may have more appointments with specialists as needed. It is important to talk with your doctor about the risks and benefits of having joint replacement surgery. Report **any** injuries or signs of infection to your doctor or nurse right away. Surgery may need to be re-scheduled until any possible source of infection is treated.
- Follow your doctor or nurse's advice for taking medicine.
- Talk to your healthcare team about needed dental care. Schedule an appointment with your dentist as directed by your doctor. Your mouth could have bacteria that would be harmful to a new joint.
- Complete tests as ordered by your doctor.
- Attend a joint replacement education class if you are instructed to go.
- Review this book.
- Begin your exercise program as instructed.
- Start preparing your home.
- Talk to your family about the care you will need when you return home. You should have someone with you for **at least** 3 days after you return home.
- Contact your insurance company for pre-authorization, pre-certification, a second opinion, or referral form as needed.
- Have the following information ready for pre-registration:
 - Your Social Security Number.
 - Name of insurance company, mailing address, policy and group number.
 - Your employer, address and phone number.

Quitting Tobacco Use

Tobacco use, whether in cigarette, e-cigarette, pipe, cigar, or chew, form greatly increases the risk of complications from surgery. If you are a smoker, **now** is the time to quit. Your immune system, your circulation, your airways and your lungs are damaged by smoking. **Smoking is the leading preventable cause of premature death in the United States.**

Reasons to Quit

- Your recovery may go better. Smoking raises your chances of having problems after total joint replacement surgery. Those who smoke have an increased risk of:
 - o Bones not healing
 - o Total joint failure
 - o Pain needing more narcotic use
 - o Medical complications after surgery (Examples: Blood clots, increased blood pressure, increased heart rate)
 - o Osteoporosis
- You will lower your risks of heart attack, stroke, many forms of cancer, and lung disease.
- You will feel better and breathe easier.

Resources to Help You Quit

Quitting is hard, but do not give up. It may take more than one try to quit for good. It is important to have a plan. Ask your doctor, nurse, respiratory therapist, or pharmacist for help.

- National Quit Line (800) QUITNOW (784-8669)
For Deaf and Hard of Hearing Callers: Relay 7-1-1
- Freedom from Smoking Online: www.ffsonline.org
- National on-line website: www.smokefree.gov
- Guide to Quitting Smoking: www.cancer.org

Alcohol

Before your surgery, you may need to stop or reduce the amount of alcohol you drink.

- Alcohol can impair your vision or your ability to walk.
- Alcohol may impair healing and increase the risk for infection.
- Ask your doctor if you need to quit or limit alcohol intake.

Maintaining Healthy Bones

Nutrition

Good nutrition helps wound healing. Vitamins in fruits and vegetables and protein in meat and fish will build new tissue and prevent infection. It is important to get enough calories and protein in your diet to heal.

Your Appetite

For a few weeks after surgery, you may notice that you do not have an appetite or that food tastes different. Your appetite will improve over time. Calories are needed for healing and for energy. Your recovery is not a time to try to lose weight. If needed, a weight loss program can be started after you have recovered from your surgery.

- If your appetite is poor, eat smaller meals instead of large ones. Eating smaller portions 5 or 6 times a day may help you get the nutrition that you need. Aim for 3 meals and 2 snacks every day.
- Try a nutritional supplement, such as protein bars or protein shakes, for a snack.
- Eat something before physical therapy.

Eat a Balanced Diet

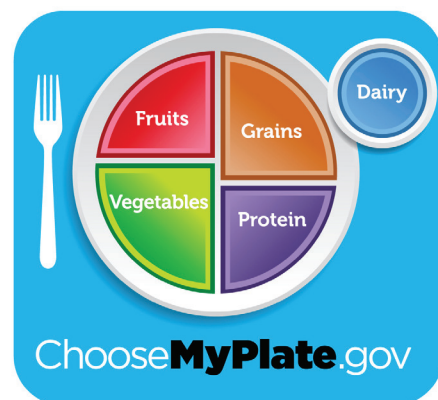
The My Plate website can help you choose the best types and right amounts of foods to eat. Your nutrition needs may be different depending on your gender, age, and activity level. Visit www.choosemyplate.gov to find specific guidelines for you.

Why You Need Calcium

Calcium is important to prevent osteoporosis. If you have osteoporosis, your bones can become weak and break easily.

Healthy habits can affect how well the body is able to use calcium.

- Exercise helps the body to use calcium and makes the bones stronger.
- Your body needs vitamin D and vitamin K for healthy bones.



Day Before Surgery

- A nurse will call you the day before your surgery. If your surgery is on a Monday, you will be called the Friday before. The nurse will tell you what time to come in for your surgery.
- Pack your bag.
- Shower as instructed.
- Eat a light supper and a bedtime snack.

Day of Surgery

- Shower as instructed.
- Brush your teeth.
- Wear clean, comfortable clothes.
- Do not use any perfume, deodorant, cream, lotion, powder, or nail polish.
- Take only the medicine that you were instructed with a small sip of water.

You will be given specific instructions about showering before your surgery.



After Surgery

- Your orthopedic surgeon will speak with your family after your surgery.
- A volunteer will help or direct your family to your room on the orthopedic unit.

In Your Hospital Room

After surgery, you will be taken to a hospital room where your coach can join you. Your plan of care will be reviewed with you. You will be watched closely to keep you safe.

Equipment Used in the Hospital

Here is some of the equipment that **may be used**:

- An IV line to give fluids and medicine
- Oxygen tubing and oxygen monitor
- An incentive spirometer to help you breathe deeply and prevent respiratory infections like pneumonia
- An ice therapy machine or ice pack to reduce pain and swelling
- A sequential compression device (SCD) to help blood flow in your legs and prevent blood clots
- A commode chair or raised toilet seat

Pain Management

All patients will have pain after surgery. Our goal is to help manage your pain. You will be asked to rate your pain on a scale of 0 to 10 (10 being the worst). Your surgeon will decide which type of pain medicine is best for you. You will be given pain medicine that has been ordered by your surgeon. When your pain is well managed, you are better able to perform your daily activities. Tell your nurse if your pain is **not** controlled well by these medicine.

Pain Medicine After Surgery

It is important to work with your healthcare team for good pain management. When you begin therapy, your nurse will give you a pain pill about a half hour before your session. Tell your nurse or surgeon about:

- Your pain. Do not wait until your pain becomes severe.
- The pain control methods or medicines that have helped you in the past.
- Any concerns you have about taking pain medicines.

Other Methods for Pain Management

Here are other ways to have good pain control:

- Using cold therapy or ice
- Changing your position or walking
- Listening to music
- Using integrative therapies such as aromatherapy, acupressure, guided imagery, or the music relaxation channel on the television
- Anything you have found helpful at home

Preventing Falls During Your Hospital Stay

Our goal is to keep you safe from a fall. After joint replacement surgery, you are at a high risk of falling.

Falls can happen because of:

- Changes in your balance caused by the surgery
- Using new equipment like a cane
- Taking pain medicine

Call Don't Fall!

Do **not** get up
without help.

Call the nurse before you get out of bed and when you are done in the bathroom. We may use a bed alarm during your stay to remind you to call for help. Staff will check on you often to keep you safe. A fall may result in a longer stay in the hospital or even another surgery. Remember, the hospital is not your familiar environment. You may be connected to cords, pumps, or other equipment. Even if you no longer need therapy, you still need to ask for help to get up or walk.

Preventing Falls at Home

It is important to do what you can to lower your risk of falling. See the section Preparing Your Home at the beginning of this book for things you can do to make your home safer and prevent falls.

Preventing Infection

A replacement joint is not as good at fighting germs as a natural joint. Infection can be a serious problem after joint replacement surgery. If a new joint gets infected, it is hard to cure. Sometimes the new joint must be removed. You can help prevent infection by:



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- Cleaning your hands with soap and water or hand sanitizer. Clean your hands:
 - Before touching your incision (surgical cut) or changing your dressing
 - After using the toilet or blowing your nose
 - After doing laundry, housework, or yard work
 - After petting or caring for animals
- Making sure your healthcare team washes their hands before and after they take care of you.
- Making sure your family and friends wash their hands.
- Getting your teeth checked by a dentist. Bacteria from cavities or gum disease can be a source of infection. Repair any dental problems before surgery. Brush your teeth 2 times a day.
- Being aware of any cuts, scrapes, sores or redness. These could be a path for germs to get into your system.
- Recovering from colds or sinus trouble. This is another common place for germs to be in the body.
- Treating bladder infections. If you have cloudy urine, your urine smells strongly or it burns when you pass your urine, you may have a bladder infection. This will need to be treated before surgery. Tell your surgeon if you have any of these symptoms after surgery.

Care of Your Incision

Normally, it takes about 2 weeks for your incision to heal enough to stay closed. If you have sutures or staples, they will be removed about 2 weeks after surgery. Over the next 6 to 8 weeks, your incision may feel tight and itchy, which is part of normal healing. It is common to have more swelling and pain 4 to 7 days after surgery, which is often after you leave the hospital. After about a week, swelling and pain will get better day by day. You will continue to have some swelling over the next 6 to 12 months. To care for your incision:

- **Keep your dressing clean and dry.**
- You may shower (consider a shower chair). Refer to the instructions you were given.
- Do not soak the shoulder or take baths until your surgeon tells you it is okay.
- Wear loose clothing that is easily washed and does not rub or irritate the incision.
- Never dab lotion, ointment, powders, or perfume on the incision.

Preventing Pneumonia

Take deep breaths every hour while you are awake to clear the anesthesia from your lungs and help prevent pneumonia. You will start this in the hospital. You will need to continue at home until you are walking around your home about every hour during the day. If you have an incentive spirometer, use it as directed.

Preventing Blood Clots

A deep vein thrombosis (DVT) is a blood clot that can form in a leg vein after shoulder replacement surgery. A piece of the clot can break off, travel through the blood stream to the lung, and can cause death. Your doctors may tell you to use:

- A sequential compression device (SCD) that improves your blood flow by gently squeezing and releasing your leg or foot.
- Medicine to prevent clotting.
- Activity to help increase circulation:
 - Ankle pumps while lying in bed
 - Walking
 - Wiggle fingers or move wrist

Preventing Constipation

A side effect of taking pain medicine is constipation. Decreased activity can also lead to constipation. To avoid becoming constipated:

- Gradually increase your intake of fiber-rich foods such as fruits, vegetables, and whole grains.
- Drink 8 or more 8 oz. glasses of fluids each day.
- Stay as active as you can.
- Consider drinking prune juice each day.
- Consider taking a stool softener or laxative. Many of these are available over-the-counter at your local store. If you have questions, ask your doctor or pharmacist.

If constipation problems continue, call your doctor. Check with your doctor or nurse before giving yourself an enema.

Rest or Sleep

After surgery, you may have a hard time sleeping. Taking your pain pills around bedtime controls your pain so you can stay asleep. Rest will help you get your strength back more quickly. Here are some tips to help you rest:

- Go to bed at the same time each night.
- Stop and rest for a few minutes after activity.
- Take short naps or rest periods when you are feeling tired.

When to Call Your Surgeon

Call your surgeon if:

- Your arm or fingers feel numb, tingly, cool to the touch or are pale
- You have a fever over 101 degrees Fahrenheit (38.3 degrees Celsius)
- Your incision:
 - Has increased redness
 - Is hot to touch
 - Is more painful than it has been
 - Oozes a new drainage or smells bad
 - Bleeds enough to come through your bandage
- Your pain medicine is not managing your pain
- You have side effects from your medicine such as an upset stomach, throwing up, redness, rash, or itching
- You have pain or swelling in the calf of either leg or in your surgical arm
- The edges of your incision come apart
- You have any questions or concerns about your health

If you experience chest pain, heart palpitations, or trouble breathing,
Call 911.

Preparing to Go Home

It is common to feel anxious when you think about caring for yourself away from the hospital. The more you learn, the more confident you will feel. It is best if you have someone stay with you when you first go home. Most often, you will be ready to go home when you are able to walk safely and do your exercises. Your surgeon will decide when you are ready to leave the hospital. A nurse, case manager, or social worker will visit you in the hospital to discuss any help you may need.

Before you leave, you can expect to be given:

- Written instructions for how to care for yourself and when to call the surgeon
- Prescriptions for pain and blood thinner medicine as ordered by your surgeon
- Follow-up appointments

Leaving the Hospital

Your doctors and therapists will decide when you are able to go home. After you have been given all of the needed instructions, you will be ready for the trip home. It is normal for you to feel tired and worn out. Plan rest periods in-between your activities. Your energy level will improve in the days and weeks ahead.

- Remember to ask for a pain pill before you leave the hospital. This will make the ride home more comfortable.
- Plan on wearing loose-fitting street clothes that are easy to get on and off.
- Sit in the front passenger seat of the car and recline the backrest a little.
- Always wear your seatbelt.
- If you are traveling a long distance, plan to get out of the car and stretch every hour. This will keep you from getting too stiff and will also help prevent blood clots in your legs.

Checklist Before You Leave the Hospital

Check off the items on the list below when you know the answers. Ask your nurse or doctor if you need more information.

☐ **When to Call the Surgeon**

☐ **Medicine Safety**

- The names of my medicine
- When and how to take each medicine
- Common side effects of my medicine
- What to do about side effects

☐ **Pain Control**

- How to take my pain medicine
- Side effects of my pain medicine
- Other ways to help manage my pain

☐ **Food and Drink**

- What foods I can eat
- How much liquid I should drink

☐ **Incision**

- Signs and symptoms of an infection
- How to care for my incision
- When my stitches or staples should be removed

☐ **Activity Safety**

- Lifting
- Bathing
- Sex
- Getting dressed
- Getting in and out of bed
- Getting in and out of a chair
- Work restrictions (limits) and time off from work
- Driving
- Walking
- Exercises

☐ **My Recovery**

- My health condition or surgery
- Follow-up appointments with my doctor or surgeon
- Lab work that I need and where to have it done
- Tools to stop smoking or using tobacco
- The importance of washing my hands and avoiding sick people – preventing infection and getting sick
- How to prevent blood clots and constipation
- The importance of rest and how often to rest
- Community support resources

☐ **Emotions**

- You may have feelings of sadness or depression after surgery. These emotions are common.
- Call your doctor if these feelings do not go away. Call 911 if you feel like hurting yourself or someone else.

Standard Total Shoulder Exercises

This exercise program will help you increase strength, regain motion, and go back to your everyday activities.

Do not start any of these exercises until you talk with your care team.

Repeat each exercise 10 to 20 times, 3 times each day.

Continue these exercises until your surgeon or therapist tells you to stop.

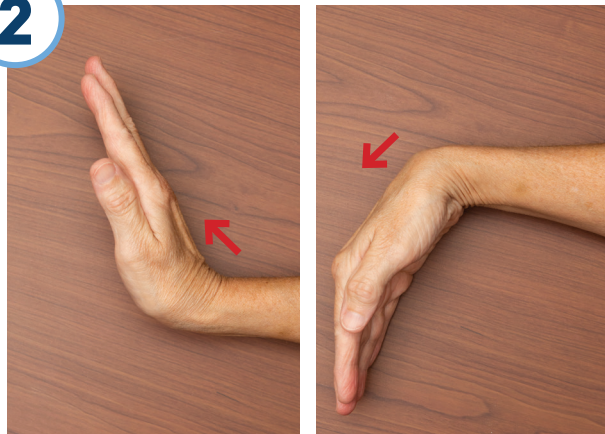
1



Hand Flexion and Extension

Stretch your fingers apart. Then, close them tightly into a fist.

2



Wrist Flexion and Extension

Start with palm facing down. Bend wrist down, then up.

3



Pronation and Supination

Start with your arm in handshaking position. Turn your palm down, then up.

4



Elbow Flexion and Extension

Start with palm facing up. Bend elbow down, then up.

Passive Range of Motion

Repeat each exercise 10 to 20 times, 3 times each day.

Continue these exercises until your surgeon or therapist tells you to stop.

5a



Shoulder flexion - supine (lying on back)

Lie on back, arm at side. Partner grasps (holds) wrist with one hand, and supports elbow with other hand.

Relax and let your partner move your arm.



Partner gently moves arm upward and downward through available range of motion (as shown).

- Use firm, yet soft, grip, cradling the arm.
- Do not force past available range of motion.
- Do not force movement if painful.

5b



Shoulder Flexion - seated

Sitting in a chair, arm at side.

Partner grasps wrist with one hand, and supports elbow with other hand.

Relax and let your partner move your arm.



Partner gently moves arm upward and downward through available range of motion (as shown).

- Use firm, yet soft, grip, cradling the arm.
- Do not force past available range of motion.
- Do not force movement if painful.

6a



Shoulder internal (inward) and external (outward) rotation supine

Lie on back with elbow close to your body and bent to 90 degrees.

Partner grasps (holds) wrist with one hand and supports elbow with other hand.

Relax and let partner move your arm.

Partner brings your hand out away from your stomach until your hand is pointing straight forward with elbow remaining in place (as shown).

Partner then lowers your hand back toward your stomach.

- Use firm, yet soft grip, cradling the arm.
- Do not force movement if painful.
- Stop at point of tension.

6b



Shoulder internal (inward) and external (outward) rotation sitting

Sit in a chair without arms or on the edge of your bed.

Keep your elbow close to your body and bent to 90 degrees.

Partner grasps (holds) wrist with one hand and supports elbow with other hand.

Relax and let partner move your arm.

Partner brings your hand out away from your stomach until your hand is pointing straight forward with elbow remaining in place (as shown).

Partner then lowers your hand back toward your stomach.

- Use firm, yet soft, grip, cradling the arm.
- Do not force movement if painful.
- Stop at point of tension.

Reverse Total Shoulder Exercises

This exercise program will help you increase strength, regain motion, and go back to your everyday activities.

Do not start any of these exercises until you talk with your care team.

Repeat each exercise 10 to 20 times, 3 times each day.

Continue these exercises until your surgeon or therapist tells you to stop.

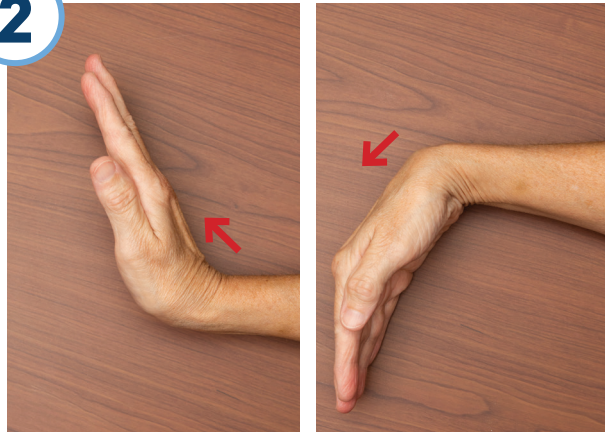
1



Hand Flexion and Extension

Stretch your fingers apart. Then, close them tightly into a fist.

2



Wrist Flexion and Extension

Start with palm facing down. Bend wrist down, then up.

3



Pronation and Supination

Start with your arm in handshaking position. Turn your palm down, then up.

4



Elbow Flexion and Extension

Start with palm facing up. Bend elbow down, then up.

5

Pendulum exercises

While doing these exercises, your arm and shoulder should be as relaxed as possible. Allow your arm to swing gently by shifting your weight from one foot to another. Repeat 10 to 20 times, 3 times a day. Continue these exercises until your surgeon or therapist tells you to stop.



Bend at the waist as tolerated, supporting yourself with your non-surgical arm. Allow your surgical arm to hang down.

Place one foot in front of the other, a shoulder width apart.

Rock forward and backward, shifting your weight from one foot to the other.



Stand with a wide stable stance.

Shift your weight from side to side.



Stand with a wide stable stance.

Move your hips in a clockwise motion, allow arm to swing in a circle.

Repeat in a counter clockwise motion.

Plan for the Day

About every 1 to 2 hours, walk a distance that you are able. Follow the instructions from your healthcare team about how often to do your exercises.

Time	Exercises	Ice
6 a.m.		
7 a.m.		
8 a.m.	Do exercises	Ice after
9 a.m.		
10 a.m.		
11 a.m.		
12 p.m.		
1 p.m.	Do exercises	Ice after
2 p.m.		
3 p.m.		
4 p.m.		
5 p.m.		
6 p.m.	Do exercises	Ice after
7 p.m.		
8 p.m.		
9 p.m.		
10 p.m.		

[illegible]

Notes

[illegible]

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