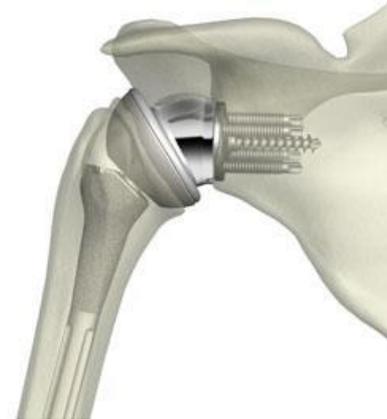


Rugby St Cross: Orthopaedic Physiotherapy

Shoulder Replacement



This advice sheet is for patients following shoulder replacement surgery.

Shoulder replacement is performed for severe arthritis of the shoulder causing disabling pain.

What to expect afterwards

You will need to rest until the effects of the anaesthetic have passed. After an anaesthetic it may take several hours before the feeling comes back into the operated arm. **You will be required to wear a sling 24 hours a day to immobilise your shoulder.**

Pain relief

You will be given pain killers after the operation. Please take them as you are advised. You will have some discomfort for several weeks after the surgery but taking your painkillers regularly will make you feel more comfortable and enable you to do your exercises.



Patient Information

Swelling

You can expect some swelling to last for several weeks after surgery. When at home wrap frozen peas or crushed ice in a dry cloth and place on your shoulder for up to 20 minutes. Use it at least 3 times per day, although there must be at least an hour between applications.

Exercises

The success of your operation will often depend on the amount of effort you are prepared to put into your rehabilitation.

Although your shoulder may be sore after the operation, it is vital that you start these initial exercises to ensure that you progress as expected. Before being discharged you will be seen by the physiotherapist who will give advice and explain the exercises you need to do.

It is essential you do the recommended exercises three times per day or you may not make a full recovery.

You may experience discomfort when doing these exercises, this is normal. If, however, you feel a sharp pain, stop and try again later.

Neck exercises

Look up and down, look left and right, bend ear to shoulder on both sides.

Repeat 10 times.

Elbow exercises

Take your arm out of the sling, straighten elbow fully, and then bend fully. **Repeat 10 times.**



Patient Information

Turn your hand over as far as it can go, then back the other way. **Repeat 10 times.**



Wrist/hand exercises

Bend wrist up and down and wiggle your fingers, for 10 seconds.

Pendular hang

With the sling taken off, stand up, support yourself on the arm of a chair or a table and bend over slightly. Allow the operated arm to hang down under the effect of gravity to facilitate hygiene needs.

It is important that you do not swing your arm; just let it hang.



Postural advice

Although wearing a sling, please try to observe an upright posture. **Sit up tall, don't slouch!**

It is essential that you wear your sling at all times and only complete the exercises taught to you. If you do not follow these precautions this could result in failure of your surgery.

Patient Information

Passive exercises

These are specific exercises which must be performed from day one **by someone else for you. Please talk to the physiotherapist on the ward or in the outpatient department** and they will teach a friend or relative the exercises they can help you with.

What are passive range of movement exercises?

These are exercises that must be performed by someone else for you.

These exercises will maintain the range of movement in the shoulder, by preventing muscle shortening and joint stiffness; therefore helping to restore function and a quicker return to normal activities.

Pain relief

You will be given pain killers after the operation. Please take them as you are advised. You can take these painkillers prior to performing the passive range of movement exercises, to enable your relative or friend to take the shoulder through the whole range of movement that is allowed.

Exercises

The success of your operation will often depend on the amount of effort you are prepared to put into your rehabilitation.

Although your shoulder may be sore after the operation it is vital that you start these initial exercises to ensure that you progress as expected.

Before being discharged you will be seen by the physiotherapist who will give advice and explain the exercises you need to do.

A relative or friend will need to be shown how to perform your passive range of movement exercises. Your physiotherapist will contact them after you have had your operation, to arrange a time for them to come in.

It is essential you do the recommended exercises three times per day or you may not make a full recovery.

Patient Information

You may experience discomfort when doing these exercises, this is normal. If, however, you feel a sharp pain, stop and try later.

Flexion to

Abduction to

External rotation to

Passive flexion

There are two positions that you can complete this exercise in, either sitting in a chair or lying on your back (the pictures below show lying on your back). Your friend/relative should hold your hand with one hand, and should hold the elbow / back of your upper arm with the other.

Your relative should take all the weight of your arm (so you are not helping the movement), and then should gently lift the arm so that your shoulder slowly moves up to the designated range of movement. Then slowly bring the arm back down to the starting position.



OR



Patient Information

Passive abduction

Sitting in a chair (or lying on your back), your friend/relative should take your arm out to the side, using the hand supporting the upper arm to initiate the movement (keep the hand level with the elbow at all times).

Then slowly bring the arm back down to the starting position



OR



Patient Information

Passive external rotation

In the same position as above, keep the upper arm by the patient's side, and rotate the lower part of the arm out to the side.



Repeat each exercise 10 times and do these at least three times daily

Fitting your sling

How to put the sling on by yourself

1. Hold onto hand grips and slide your elbow into the sling ensuring the elbow is in the corner.
2. Bring the long strap around your back and over your opposite shoulder.
3. Feed the front strap (with the Velcro) through the rectangular loop and attach the Velcro (ensuring your arm is in a horizontal position).
4. Bring the strap with the clip, under your armpit and clip in the triangular hole. You can attach the clip near to you hand or higher up (above the Velcro is also a small triangle) use the clip that your physiotherapist has showed you

Patient Information

How to take the sling off by yourself

To do your exercises

1. Undo the Velcro strap that says AIRCAST
2. This will allow you to remove your arm but leave the sling attached to your body
3. To put it back on , slide your arm back into the sling ensuring your elbow is in the corner and then do you the AIRCAST Velcro strap

To wash and dress

1. Unclip the clip at the front (in the triangular hole).
2. Undo the Velcro on the front shoulder strap and feed it back on itself through the loop.
3. Remove the sling from your elbow.

Discharge

You will usually be able to go home between one to two days after surgery. Stitches (if you have them) will be removed 10 to 14 days after surgery. Please contact the fracture clinic (through the switchboard 024 7696 4000) if the wound:

- Becomes red or inflamed
- Begins to ooze or discharge
- Bleeds or the discharge smells

You will be contacted with an outpatient physiotherapy appointment 10 to 14 days after your surgery. If you have not heard from outpatient physiotherapy within a week please contact the department.

Patient Information

If you have any queries or concerns please contact:

Rugby Physiotherapy Orthopaedic Department Telephone: 01788 663054

University Hospital Coventry and Warwickshire Telephone: 024 7696 5046

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 01788 663054 and we will do our best to meet your needs.

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