

## Physiotherapy - Orthopaedics

# Shoulder replacement

**This leaflet is for patients after a total shoulder replacement.**

A shoulder replacement is performed for patients with severe arthritis of the shoulder that causes disabling pain.

### What to expect after surgery

#### Pain

A nerve block is used during your operation. This means that immediately after the operation your shoulder and arm may feel numb. This feeling can last a few hours and your shoulder may be sore afterwards. You will be given painkillers to reduce your discomfort whilst in hospital. Painkillers will be prescribed for you. You will then be given advice on how to continue taking them at home.

#### Sling

You will be required to wear a sling **24 hours a day for 6 weeks** to immobilise your shoulder. You may only remove your sling for washing, dressing and exercises - as shown below.



## Patient Information

### Exercises

You **must not move your shoulder for 2 weeks after your operation** other than as instructed below for washing and dressing. Your outpatient physiotherapist will teach you more exercises 2 weeks after your operation.

The success of your operation will often depend on you following your post-operative advice and exercises given. Before being discharged you will be seen by a member of the therapy team. They will explain the exercises you need to carry out for the best outcome of your surgery.

### Side lean for washing and dressing only

Take your sling off and stand with your arm by your side. Lean slightly to your operated side to create a small gap between your body and your arm. This should give enough room for you to wash under your arm without moving your shoulder.



### Postural advice

Although wearing a sling, please try to keep an upright posture.

This means **sit up tall, don't slouch!**

## Patient Information

It is important that you do the following recommended exercises **three times per day** or you may not make a full recovery.

### Neck exercises

**Repeat 10 times**



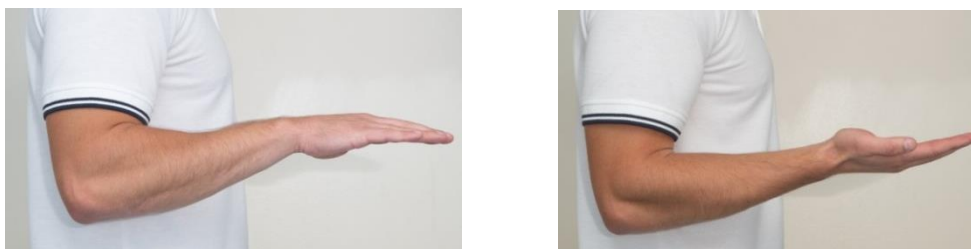
Slowly look up and down, look left and right and bend ear to shoulder on both sides.

### Elbow exercises Repeat 10 times

Take your arm out of the sling, straighten elbow fully, and then bend fully.



Have your elbow bent and against your side. Turn your hand over palm down, then palm up as far as it can go. **Repeat 10 times**



## Patient Information

### Wrist and hand exercises

Repeat 10 times

Bend your wrist up and down, touch each fingertip to your thumb, then make a fist and stretch out your fingers. **Repeat each 10 times.**



### Fitting your sling

#### How to put the sling on by yourself

##### Step 1



Hold onto hand grips, thumb on one side all fingers on the other and slide making sure the elbow is in the corner.



Fasten the Velcro that says AIRCAST

## Patient Information

### Step 2



Hold the piece of the strap that doesn't have the clip.

Bring the long strap around your back and over your opposite shoulder.

### Step 3



Feed the front strap (with the Velcro) through the rectangular loop and attach the Velcro (making sure your arm is in a horizontal position).

### Step 4



Bring the strap with the clip, under your armpit and clip in the triangular hole. You can attach the clip near your hand or higher up (above the Velcro is also a small triangle).

Use the clip that your physiotherapist shows you.

## Patient Information



The triangle joining all the straps together should sit at the bottom of your opposite shoulder blade.

## How to take off the sling (can be done in standing or sitting)

### Step 1



Undo the clip from the triangular hole from under your armpit or from the triangular hole near your hand.

### Step 2



Undo the front strap, leaving the Velcro in its original place. Fully remove from the loop then take away from around the back of your neck.

## Patient Information

### Step 3



Fully remove the sling from your arm.

## How to take off the sling when doing elbow exercises

### Step 1



Undo the Velcro strap that says AIRCAST.

### Step 2



This will allow you to remove your arm but leave the sling attached to your body.

## Patient Information

### Step 3



This will allow you to straighten your elbow when completing your exercises.

All the images are taken at the Trust

## Discharge and follow-up

You will stay in hospital overnight and will need to arrange for someone to drive you home the day after your surgery.

Physiotherapy is essential after your operation and you will be contacted with an outpatient physiotherapy appointment between 10-14 days after your surgery. If you have not heard from outpatient physiotherapy within 7 days please contact the department (contact details below).

If you have stitches, they will be removed between 10-14 days after surgery. A nurse will explain how to arrange this.

## Wound concerns

If you have any concerns about your wound such as it:

- becomes red or inflamed
- starts to ooze or discharge
- starts to bleed
- starts to smell

Please use this number to leave a message 024 7696 8333.

Your message will be picked-up Mon-Fri 07:30-17:30, Sat-Sun 07:30-13:30.



## Patient Information

For out of hours support you will need to go to A&E or the Urgent Treatment Centre.

**If you have any queries or concerns about your physiotherapy please telephone the Orthopaedic Therapy Department between 08:00 and 17:00:**

Rugby St Cross: 01788 663054

University Hospital Coventry and Warwickshire: 024 7696 5106

**Or Therapy Outpatient Department (Monday – Friday) between 08:30 and 16:30:**

Rugby St Cross: 01788 663257

University Hospital Coventry and Warwickshire: 024 7696 6013

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

The Trust operates a smoke free policy.

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