

LINDA PEACH PHYSIOTHERAPIST

PR 7219350

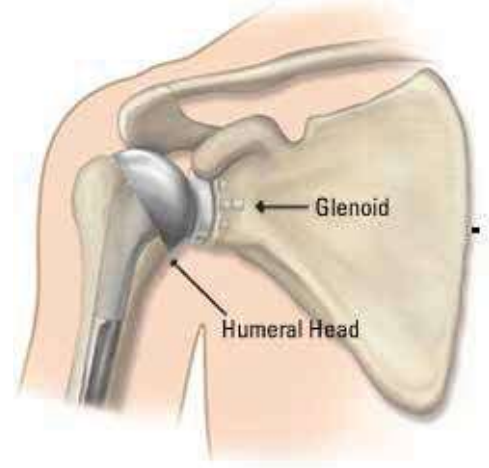
Information and exercises

Total shoulder replacement

Introduction

Following your operation you will have a scar approximately 3 inches long on the front of your shoulder.

Your arm will be supported in a sling and a physiotherapist will teach you how to take it on and off to do your exercises. You will be in hospital for 2-3 days.



General guidelines

Pain

A nerve block will be used during the operation which means the shoulder and arm will remain numb for a few hours. The shoulder will be sore when this wears off and this may last a few weeks. It is important to continue to take the painkillers. Ice packs may also help reduce the pain. Wrap frozen peas / crushed ice in a damp cold towel and place on the shoulder for up to 10 minutes. Allow at least 20 minutes before reapplying the ice pack to the shoulder.

Wearing a sling

You will return from theatre wearing a sling. This is used for approximately 6 weeks following your operation. It is important that you remove the sling to exercise. You can stop wearing the sling as soon as you feel comfortable.

The wound

Keep the wound dry until it is healed. This normally takes 10-14 days. Your stitches are dissolvable and need only to be trimmed by your practice nurse 10 days post-op.

Posture

Before starting any activity / exercise it is important to position your shoulders correctly. This allows normal shoulder function. Gently move your shoulder blades down and in towards the spine but not in a braced back position.

Driving

This is usually possible after about 6-8 weeks or when safe, but will be dependent on your recovery.

Returning to work

This is dependent upon your occupation. Light activities which involve using your arm in front of your body may be resumed after about 6 weeks, medium work (light lifting below shoulder level) from 8 weeks, heavy lifting from 3 months.

Leisure activities

Gentle swimming and exercises in water can begin at 6 to 8 weeks (breaststroke only), freestyle should be avoided for 3 months. Be aware that vertical ladders may make entering and exiting a pool difficult, it would be better to find a pool with walk in steps. Golf can be started at 3 months.

Follow up appointments

You will be reviewed at the Consulting Rooms on 2 & 6 weeks after your surgery and will be reviewed by your surgeon and specialist physiotherapist to check your progress. Physiotherapy is usually started one day after the surgery and then weekly at your local physiotherapy department and is continued for as long as your physiotherapist feels it is necessary.

Progression

This is variable and dependant on the amount of movement and the strength of your muscles prior to surgery. Following discharge your pain will slowly decrease and you will become more confident. You will be able to use your arm in front of you for light activities. After six weeks your strength will start to improve.

It is important to continue your exercises, as improvement in strength and range of movement will continue up to 18 months post surgery.

N.B. that you cannot push through the arm to get out of a chair for 6 weeks to reduce the risk of dislocation.

Exercises: (Week 1 – 6)

Your physiotherapist will teach you the following exercises.

1. Keep your arm in the sling and move your hand up and down at the wrist.
2. With your arm in the sling and the elbow bent at your side, turn the hand to face the ceiling and then the ground.
3. With arm in the sling regularly shrug shoulders up and down and circle forwards and backwards.
4. With your arm out of the sling bend and straighten the elbow.

Repeat each exercise 10 times every 2-3 hours. Continue these exercises until otherwise advised by your physiotherapist.

Exercise 5

Stand holding onto something solid, if necessary. Lean forward and let your arm hang down. Swing your arm gently forwards and backwards. Repeat 10 times in each direction.



Exercise 6

Stand holding onto something solid if necessary. Lean forward and let your arm hang down. Gently swing your arm clockwise and anticlockwise in small circles. Repeat 10 times.



6-12 weeks

Exercise

Lying on your back. Support your operated arm and lift it up overhead. Pause. Repeat 10 times. Begin with elbow bent and progress to a straight arm when comfortable, but avoid twisting the arm out to the side.



Exercise 8

Stand sideways with operated arm against a wall. Keep the arm close to your side, and push the hand against the wall, hold for 5 seconds. Repeat 10 times.



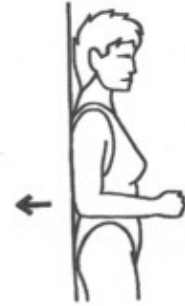
Exercise 9

Standing with elbow flexed to 90 degrees and held close to body, grasp the wrist of the affected arm with your good hand. Attempt to move the hand of the affected arm outward resisting the motion with the good hand. Keep the affected arm still. Hold for 5 seconds, repeat 10 times.



Exercise 10

Standing with your back against a wall. Keep the arm close to your side, elbow bent. Push the elbow back into the wall (you may find it comfortable to place a pillow between your elbow and the wall). Hold for 5 seconds. Repeat 10 times.



Exercise 11

Standing, facing the wall, keep your arm close to your side, elbow bent. Push your fist forward into the wall (you may find it comfortable to place a pillow between your fist and the wall). Hold for 5 seconds. Repeat 10 times.



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If you have any queries about your outpatient physiotherapy please contact our Rooms.