



Total Shoulder Replacement (Anatomical or Reverse)

The following is an outline of instructions and information for post-operative shoulder replacement. Although you may have been told different information from friends or others, please follow these instructions specifically and if you have any questions, contact our office. These instructions pertain to most shoulder replacements. If your particular procedure and instructions differ, you will appropriately be informed by Dr Chien.

Week 1

- Dressings will be inspected the day after surgery. They will be left on unless they are soaked or peeling off.
- Passive range of motion (ROM) to forward flexion (while supine) and circumduction. External rotation limited to neutral. Active/Passive ROM for hand and elbow.
- Cervical stretches, scapular squeezes, lower trap squeezes.
- It is important to come out of the sling to bend and straighten elbow for 10-15 repetitions each time to minimize arm and hand swelling
- Continue sling use without the waist strap.
- Ice packs if available

Weeks 2 - 5

- Visit to your General Practitioner or Dr Chien's office between 10 to 14 days post surgery. Dressings to come off, wound reviewed and stitches removed (if non-dissolving).
- You may now get your shoulder wet.
- Continue passive range of motion, scapula glides and strengthening.
- Begin isometrics in all planes
- Active assisted range of motion flexion, abduction to 90 degrees with good mechanics.
- Continue sling use, but begin weaning from sling to night and out of house as needed at 4 weeks.

Weeks 6-12

- Visit to Dr Chien's rooms around 6 weeks post operation with a new Xray.
- Progress scapular strengthening into further protraction-retraction.
- Lifting up to 5kg below chest level.
- Full passive range of motion.
- No overhead activities unless for prescribed exercises.
- No sling with slow progression toward normal activities of daily living (ADLs).
- Driving allowed from around week 6 provided comfortable while steering and using gear stick.

Months 3-6

- Visit to Dr Chien's rooms 3 months post surgery.



- Begin strengthening against gravity in straight planes with active assisted ROM and active ROM from supine, seated to standing. Start external rotation exercises.
- Initiate sport specific training as tolerated with no pain.
- Continue strengthening, endurance training, and overall fitness.

Months 6+

- Visit to Dr Chien's rooms at 6 months with a new Xray.
- Return to full work or home duties and sports if final clearance obtained from Dr Chien.

Warnings:

Notify Dr. Chien immediately or present to the Emergency Dept if any of the following occur:

- **Excessive bleeding**
- **Excessive non-bloody wound drainage beyond the first 3-4 days**
- **Poor pain control**
- **Numbness or tingling of the hand not related to bruising**
- **Fever $>37.5^{\circ}\text{C}$ after postoperative day 3**
- **Increased redness along incision**