

Pre-Op Instructions & Exercises
to Enhance Your Recovery

Preparing for your SHOULDER REPLACEMENT



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FOR YOUR CONVENIENCE, ADD ME TO YOUR HOSPITAL BINDER

PREPARING FOR YOUR SHOULDER REPLACEMENT

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WHAT IS TOTAL SHOULDER REPLACEMENT?

Total shoulder replacement (TSA) is a surgical procedure referred to as a shoulder arthroplasty. Worn, diseased, or damaged surfaces of a shoulder joint are removed and replaced with artificial components. In this procedure, the joint surfaces of the humerus and the scapula are involved. The artificial joint or “prosthesis” generally has two components; one made of metal, which is usually cobalt-chrome or titanium. The other component is a plastic material called polyethylene. The new joint works much like a natural shoulder. However, until it heals, your new shoulder will have limited movement and function. You may also have some discomfort. However, having a new shoulder means you'll no longer experience arthritic pain in that joint, and in time, you can return to activities that you enjoy.

PREPARE AHEAD FOR RECOVERY

The recovery process can be aided by planning ahead, by practicing exercises, and making modifications in your home.

Tips/Recommendations:

- Store commonly used items within reach, between waist and shoulder level
- Use a handheld shower head for easier bathing
- If bedroom is upstairs, consider sleeping in a “main floor” bed temporarily

*Adaptive Equipment items may be available for loan at the James River Senior Center. They can also be purchased at the local medical equipment store or online.

Identify a Caretaker:

Make arrangements to have someone transport you safely home after surgery and to stay with you for a few days if possible.

Quit Smoking:

Smoking can prevent/delay bone, tissue, and skin from healing and can make it more difficult for the body to fight off infection. However, research shows that if you quit smoking before surgery, your risk of complications goes down. If you need help quitting smoking - ask about our Smoking Cessation Program.

Weight Management Prior to Surgery:

Excess weight can increase your risk of infection and other complications. To the extent that you're able, we will encourage you to get in shape before surgery. We do understand that part of the reason you may need knee replacement surgery is due to your physical abilities being limited.

Aim for a reasonable, realistic weight loss goal. Consider achieving this goal through reduced calorie intake in addition to regular physical activity.



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Options to Consider:

- controlling portions
- drinking enough water
- eating at regular times throughout the day
- eating slowly
- eating your calories instead of drinking them
- researching how many calories are in what you are eating

POST-OPERATIVE CONCERNS

- bruising/discomfort/swelling: this will likely increase when you get home
 - *continue ice and elevation*
- some difficulty sleeping
- constipation associated with pain meds
 - *Communicate needs to physician, consider stool softeners, prune juice, etc.*
- the “blahs”: poor stamina with rapid fatigue, decreased appetite
 - *monitor health*
- After surgery you will have a shoulder immobilizer applied to your arm/shoulder for a period of time to help limit use and movement while maintaining proper alignment of the shoulder. This is needed to allow the joint and surrounding area to heal properly
 - *you will be instructed on how to put this on and when it can be removed*
- use ice/cold packs 15-20 min 3-5x/day
 - *if you received a cryo cuff ice cooler, use as instructed on cooler instructions, or by therapist in hospital*



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PREPARATION FOR YOUR HOSPITAL STAY

- Take rubber soled shoes that are easy to take on and off. It is better to have a good fitting slip-on rather than lace up/tie shoes
- Take clothes that are easy to put on such as elastic waist pants and large shirts that button instead of pull over the head
- Take the name and number of your family doctor and pharmacy
- You will receive Physical & Occupational Therapy during your hospital stay. Usually, you will need Physical Therapy after you are discharged from the hospital
 - if choosing to have your therapy at JRMC, we will gladly schedule that appointment before surgery
 - if choosing to have your therapy elsewhere, we suggest you call that organization to schedule an appointment after your surgery
- You will be discharged from therapy once you have achieved your goals
- While most people do very well, some patients need to transition to sub-acute care (swing bed or nursing home) before going home. This care **MUST** be approved by your insurance company in accordance with their guidelines. If this care is not approved, you always have the option to pay privately

YOUR PRE-OPERATIVE EXERCISE PROGRAM

The better prepared you are before surgery, the easier your rehabilitation will be.

The following exercise program is designed to build strength and ease your recovery. Unless instructed otherwise by your Physical Therapist, try to perform each exercise 5-10 repetitions each once daily. Then increase to a total of 30 repetitions or 3 sets of 10, 1-2 times daily. **For your benefit, make your recovery quicker and more comfortable by performing the following exercises. This program is designed to assist you in regaining your mobility and strength following surgery.**

Call your Physical Therapist if:

- any exercise causes increased pain or swelling in your shoulder or any other joint or area of your body
- you are not sure how to safely perform the exercises
- if you have any further related questions or concerns regarding your program

Discontinue any exercise if it causes sharp or increased pain, dizziness, chest pain, shortness of breath, or any unusual symptoms and contact your physician.



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STEP 1



STEP 2



Circular Shoulder Pendulum with Table Support

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

STEP 1



STEP 2



Flexion-Extension Shoulder Pendulum with Table Support

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight forward and backward, letting your hanging arm swing in those directions.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the back and forth motions.

STEP 1



STEP 2



Horizontal Shoulder Pendulum with Table Support

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight side to side, letting your hanging arm move in those directions at the same time.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the side to side motions.

STEP 1



STEP 2



Seated Elbow Flexion AAROM

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

Make sure to extend elbow completely straight for each repetition.

Setup

Begin sitting upright in a chair holding your affected forearm in your opposite hand.

Movement

Try bending your involved arm, using your other hand to help with the movement as needed.

Tip

Make sure to keep your shoulder relaxed during the exercise. Do not shrug your shoulder or move your arm further if you feel pain.

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STEP 1



STEP 2



Seated Forearm Pronation and Supination AROM

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin sitting upright in a chair with one arm bent to 90 degrees, palm facing up, and fingers straight.

Movement

Rotate your forearm inward, then outward, and repeat.

Tip

Make sure to only move your forearm, and keep your wrist straight during the exercise.

STEP 1



STEP 2



Wrist AROM Flexion Extension

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin this exercise with your wrist straight.

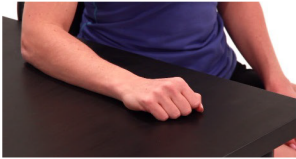
Movement

Slowly bend your wrist back and forth.

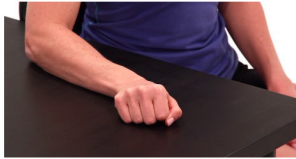
Tip

Make sure to only move through a pain-free range of motion. Try not to let your forearm rotate as you move your wrist.

STEP 1



STEP 2



Seated Wrist Radial Ulnar Deviation AROM

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

Setup

Begin sitting upright with your arm resting on a table, (hand in a fist with your palm down).

Movement

Bend your wrist out to your side, then bend it back toward your body, and repeat.

Tip

Make sure to keep the rest of your arm relaxed, and focus the movement on your wrist.

STEP 1



STEP 2



Seated Wrist Flexor Full Fist Tendon Gliding

REPS: 10 | SETS: 3 | DAILY: 2 | WEEKLY: 7

Make sure to extend fingers fully when returning to starting position.

Setup

Begin sitting upright with your arm resting on a table at your side and your palm up.

Movement

Slowly curl your hand into a fist, then return to the starting position and repeat.

Tip

Make sure to keep the rest of your arm relaxed during the exercise.

