

SHOULDER REPLACEMENT REHABILITATION PROGRAMME

0 – 6 Weeks after surgery

Commence gentle passive elevation 0-90, using the opposite hand to support the elbow, beginning supine.

Elbow, wrist and hand exercises 3 times a day.

No external rotation beyond 0* for 8 weeks.

Isometric shoulder muscle exercises including deltoid and scapula stabilizers except subscapularis.

Wear sling when sleeping, walking or travelling for 6 weeks. Otherwise remove sling with arm supported on a chair, table or pillow and use hand the hand can be used for eating, computer and paperwork etc.

Pain Control

You will be given strong painkillers when you leave the hospital, like Panadeine Forte or Endone to take as breakthrough painkillers or on going to bed at night. You can take anti-inflammatories for 1 week.

However, almost all the post-op pain is better controlled with regular Panadol every 6 hours and Nurofen 6 hourly, 3 hours after the Panadol.

Make the arm comfortable by positioning it out of the sling, resting it on your tummy or a pillow.

Sleep in a reclining chair and / or with a body-hugging pillow.

Regular icing with the Body Ice pack: 30mins on 4 times daily and after exercises or physio is very helpful.

6 – 12 Weeks after surgery

No more sling except if in a busy or crowded rowdy situation.

Begin active and passive stretches concentrating on external and internal rotation and forward flexion, progressing to circumferential shoulder motion.

Commence theraband strengthening with arm at side (i.e. internal and external rotation).

Commence **abduction** with arm in internal rotation and progressing to neutral.

Commence gentle hydrotherapy movements in pool.

Commence lightweights.

12 – 24 Weeks after surgery

Increase stretching, weight and endurance exercises.

Breaststroke swimming 20 minutes 2nd daily.