

When can I start?

Light work (no lifting)	6 weeks+
Medium work (light lifting below shoulder level)	12 weeks+
Heavy work (above the shoulder)	3-6 months+

Useful website:

www.shoulderdoc.co.uk



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Shoulder Replacement

Physiotherapy Advice



Part of Aspen Healthcare
www.aspen-healthcare.co.uk

What have I had done?

Any damaged joint surfaces in your shoulder have been replaced, the extent of your shoulder replacement may vary patient to patient. The full details of your shoulder replacement are best discussed with your consultant. A polysling will be required to be worn at all times, for the length of time advised by your consultant.

Will I experience pain?

You are likely to experience pain in the shoulder and in the upper arm in the first 12 weeks. The pain may be worsened on activity, which is normal. You will be prescribed pain relief to take home, this is to be used to ensure you can meet all recovery goals. **If you find your medication is not managing your pain well, it is important to visit your GP to review the pain relief to avoid falling behind schedule with your rehabilitation.**

What should I avoid?

- ❗❗ Lifting anything for the duration of wearing the sling.
- ❗❗ Avoid any excessive manual work e.g. heavy lifting/gardening for at least 12 weeks.
- ❗❗ Taking your arm out of the sling for reasons other than doing the exercises, or washing/dressing.

What can I do to help myself?

- ❗❗ Straighten and bend the elbow several times with arm supported, as well as keeping the neck, wrist and hand mobile. Squeeze your fists with 10 second holds throughout the day
- ❗❗ Apply ice in a damp pillow case/tea towel to the shoulder for 15 minutes max, 4 times a day (best applied after your exercises)
- ❗❗ Sleep on your back, using pillows to support the arm in the sling for comfort
- ❗❗ Keep your armpit clean and dry.

What exercises can I do?

These exercises are vital to facilitate full recovery. Complete these 3-4 x daily, as comfort allows.

Exercises

Fix pulley to door as demonstrated. Adjust pulleys to allow for maximal movement. Sit with back against the wall. Hold on to the pulleys with both hands.

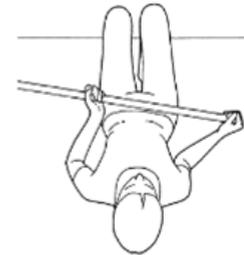
Use good arm to pull operated arm up straight in front. Repeat 5 times. Take your arm approximately 60 degrees out to the side. Repeat the exercise.



Lying on your back with elbows against your body and at a right angle. Hold a stick in your hands. Move the stick sideways thus pushing the operated arm outwards, while maintaining 90 degrees bend as the elbow.

Repeat 10 times.

Only move to a max of 20 degrees as demonstrated by your physio.



Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. (Can be done in a sling if too painful, supporting the operated arm with other arm and slightly leaning forward). Swing your arm, keeping it completely relaxed as if drawing a circle on the floor. Allow arm to draw concentric circles and come to a stop. Change direction. Repeat 5 times

