

Total Shoulder and Reverse Total Shoulder Replacement

TOTAL SHOULDER REPLACEMENT

Total shoulder replacement (TSR) is an option for patients who have severe shoulder dysfunction and have exhausted other measures to regain movement and control pain. TSR can provide pain relief and increased mobility for many patients.



You will start moving your arm, walking and sitting in a chair the day after your surgery. You will have a written exercise program, which your physical therapist will review with you and your family or other caregiver. In addition to regaining strength and mobility in your shoulder joint, your rehabilitation plan will include teaching you to move your arm to prevent dislocation and avoid stressing a tendon repair during recovery. Your surgeon will need to divide a major tendon to access the shoulder joint during your joint replacement surgery. The tendon will be repaired after your joint is replaced.

Goals to achieve while in the hospital

1. Transfer in and out of bed with minimal assistance.
2. Walk with supervision and use of a sling.
3. Perform modified self-care with minimal assistance.
4. Maintain safe positioning and movement within your restrictions.
5. Control pain and inflammation.
6. Perform exercises with minimal assistance.

REVERSE TOTAL SHOULDER

Your surgeon might opt to perform a reverse total shoulder replacement (revTSR) if your rotator cuff is severely torn and the joint is affected by arthritis. The surgeon reverses the normal anatomy in an attempt to give the patient pain relief and increase functional mobility of the arm.



With a revTSR, the muscles that stabilize your shoulder (rotator cuff) are no longer used. Therefore, you must be very careful not to dislocate the joint, especially in the first eight weeks. After your surgery, your physical therapist will review with you motion restrictions; you must not exceed these restrictions.

Your rehabilitation plan will include instruction on how to move your arm without stressing the repair or dislocating the joint.

You will start moving your arm, walking and sitting in a chair the day after your surgery. Your physical therapist will review with you and your family or caregiver a written exercise program.

Goals to achieve in the hospital

1. Transfer in and out of bed with minimal assistance.
2. Walk with supervision and use of a sling.
3. Perform modified self-care with minimal assistance.
4. Maintain safe positioning and movement within your restrictions.
5. Control pain and inflammation.
6. Perform exercises with minimal assistance.

What to expect with recovery

Getting dressed

Tips for getting dressed after surgery:

1. To put on a shirt, lean forward and pull the shirt up and over the operated arm first. Then put the other arm into its sleeve.
2. To take off a shirt, first take the unoperated arm out of its sleeve. Then slide the shirt off of the operated side, keeping the operated arm's elbow in front of your body.
3. **Do not** reach back to dress.
4. **Do not** tuck in your shirt with your operated arm.
5. **Do not** pull your belt through loops using the operated arm.

Exercises

You might need someone to assist you with the exercises your physical therapist taught you during your hospital stay. You will also likely begin outpatient physical therapy after returning home. Your surgeon will instruct you on when to return to his office for follow-up and when to start physical therapy.

Lying down

You might find it to be more comfortable to rest in a recliner rather than on a bed or sofa during the first few weeks after surgery. Lying flat on your back after surgery will be uncomfortable, as it will stretch the tendon repair.

If you don't have a recliner, your joint team will show you how to safely position yourself at rest. Your surgeon might want you to sleep with a sling on your arm for the first two to four weeks. You will also be instructed on how to use pillows to support your arm and protect your skin.

Precautions for the first weeks after surgery

Precautions listed below are for the first six to eight weeks after surgery, unless otherwise noted or instructed by your physical therapist and/or surgeon.

1. Wear your sling as instructed.
2. Maintain your shoulder positioning as shown to avoid stressing the repair at the front of your shoulder.



3. Avoid jerking, pushing, pulling or suddenly moving the involved arm.
4. Avoid supporting your body weight with the involved arm.
5. Avoid lifting with the involved arm.
6. Do not actively pull your arm across your chest or turn your arm out away from your body.
7. You should always be able to see your elbow. Do not move your arm behind your back. Do not reach behind you.
8. Do not drive for three to six weeks. Your specific limitations will depend on your surgeon's instructions and your use of narcotic pain medication.

Discharge home

You will be sent home with prescriptions from your surgeon, a written and illustrated home-exercise program and an appointment for follow-up with the surgeon's office. Your nurse will instruct you in caring for your incision.

At discharge from the hospital or at your follow-up visit with the surgeon's staff, you might receive a prescription for outpatient physical therapy.

You will need to work hard (within your limitations) to regain the most function out of your shoulder. Your recovery will be slow but steady. You may continue to improve your motion, strength and function for 12 to 18 months after surgery.

Preparation for your return home after surgery

You will need someone at home with you for at least the first week. You will most likely need someone to help you dress, cook meals and bathe. You will be allowed to write with your surgery arm but not be allowed to pick up anything or reach with that arm.

It is important to make arrangements for assistance and modify your home setting *before surgery* to make your transition home after surgery easier. Remember that you will be using just one arm!

To prepare your environment for your return:

1. Move necessities to lower shelves.
2. Fill your pantry and/or freezer with easy-to-prepare foods.
3. Stock up on frequently used items like shampoo, soap, batteries and laundry detergent.
4. Have on hand a pair of slip-on (tie-free) shoes.
5. Plan to wear loose-fitting clothing *without* buttons.

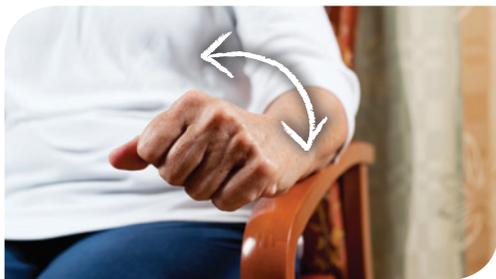
Exercises After Total Shoulder Replacement

The following exercises are intended for the first phase of your recovery after a total shoulder replacement and will progress as you heal. These activities should be done at least three times a day.

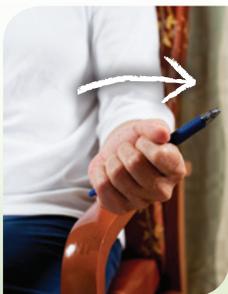
1. Place a rolled-up washcloth in your hand. Squeeze it tightly, holding for three to five seconds, then relax. Do one set of 10.



2. Hold your fingers in a loose fist. Support your wrist with your opposite hand or by resting it on the arm of a chair. Move the fist clockwise in a circle 10 times. Repeat in the counterclockwise direction. Do one set of 10.



3. Hold a pencil in your hand to help you visualize your motion. With your elbow bent to 90 degrees and held at your side, follow the motions illustrated. Continue until you feel a stretch at the end of each motion. Do one set of 10.



4. With your palm facing forward, bend your elbow up as far as you can. Extend back down. Continue each motion to the point of tightness, gently stretching the elbow. Do one set of 10.



5. With your arms by your sides and elbows bent at right angles, squeeze your shoulder blades together. Hold for five seconds, then relax. Do one set of 10.



6. Lean on a table or on the back of a chair, bending your knees and keeping your back straight. Let your arm relax and hang straight down. Begin making small circles with your arm, first clockwise then counter-clockwise. Let the arm swing freely, remaining as relaxed as possible. Repeat the pendulum motion forward and backward and then side to side. Remember to stay relaxed. Do one set of 20 movements in each direction.

