

Total Shoulder Replacement

Once you leave the hospital, it is important for you to perform your exercises 10 times a day. The physical therapist instructed you on the Codman Pendulum (Tic Toc) exercises and these should be done first to warm up the shoulder. 30 reps of each direction.

Make sure when you do the rope and pulley that you are facing the door as we don't want you to externally rotate your new shoulder for at least 4 wks. Lift the arm as high as you can on your own and then let the pulley stretch it further. Hold for the count of 5 and then release. While you only have to perform these for 5-10 minutes at each session, you may also lift the arm forward in between sessions. Just remember to not externally rotate your new shoulder until otherwise directed. It's ok to be a little uncomfortable during these exercises, but it is important that you are not so aggressive that you hurt more afterwards. It's a fine balance.

You may shower with the bandage off while the staples are in place, but once they are removed and the steri-strips are applied, the wound must be covered during showers to protect the steri-strips. Glad Press and Seal works great. It sticks to cookware, but it will also stick to you. After a week with the steri-strips, they can be removed and the wound no longer needs to be covered for bathing.

Once discharged from the hospital, you should have a prescription for pain medicine, a duffle bag containing your therapy equipment and an appointment for follow up in the office. Expect that your operative shoulder will feel a bit warmer than the other and you may run a slight fever for a few days. The TED hose should be worn 18 out of 24 hours a day for 2 weeks. Your sling is for your comfort, so adjust the Velcro straps as much as you like.