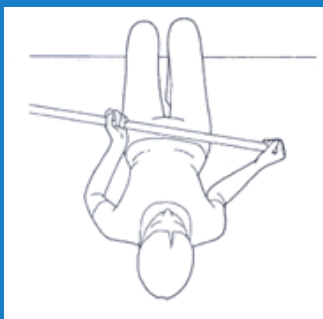


Shoulder School Exercises

Unless advised otherwise by your physiotherapist, please also complete the following exercises which you were shown when you attended Shoulder School.

If you have not attended Shoulder School please do not attempt the following exercises until advised to do so by your physiotherapist.



Lie on your back with your elbows against your body and at a right angle. Hold a walking stick, broom handle or something similar in your hands. Move the stick sideways, pushing your operated arm out to the side. Only push to 30% of your maximum movement (approx. 1 o'clock position). Repeat 10 times.

Contact Information

Acute Musculoskeletal Therapy Team:

0151 676 5519

Patient Advice and Liaison Service (PALS):

0151 430 1376

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633



/sthknhs



@sthk.nhs

www.sthk.nhs.uk

Advice for Patients Following Shoulder Replacement Surgery

This leaflet can be made available
in alternative languages / formats on request.

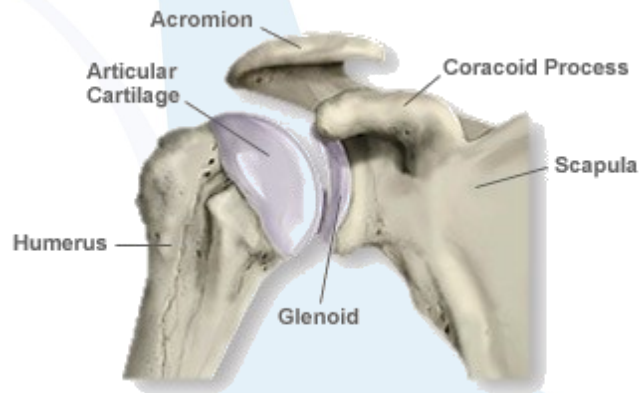
如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.

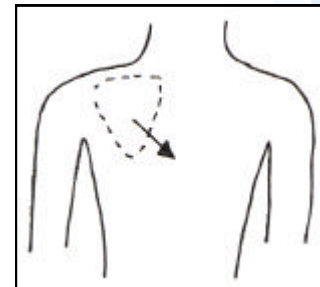
Author: Physiotherapist
Department: Therapy Services
Document Number: STHK0923
Version: 2
Review date: 01/09/2021

About the Shoulder

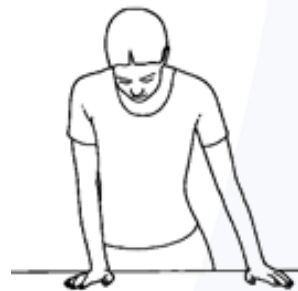
The shoulder is a ball and socket joint, where the Humerus (upper arm bone) forms the ball and moves smoothly in the socket formed by the glenoid (part of the shoulder blade) on a lining of cartilage. The cartilage prevents the bones rubbing together. If the cartilage is damaged by injury or worn away by arthritis, the shoulder can become painful, swollen and difficult to move and may therefore need replacing.



Make a fist then straighten your fingers. Repeat 10 times.



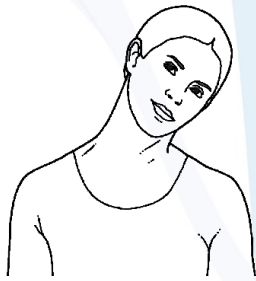
'Squeeze' your shoulder blades downwards and together for 5 seconds. Repeat 10 times.



Stand with your hands supported on a table. Gently step backwards, keeping your hands on the table. Repeat 10 times.

You can progress this by standing still and sliding your hands forwards across the table.

You can also use this position for personal hygiene to wash under your operated arm.



Tilt your head to one side until you feel a stretch down the side of your neck. Hold for 3 seconds. Repeat to opposite side. Repeat 5 times each side.



Turn your head to the left so you are looking over your shoulder. Repeat on the right. Repeat 5 times each side.



Bend and straighten your elbow. Keep your arm supported with your other hand. Repeat 10 times.



With your arm in the sling or supported with your other hand, turn your palm to face the ceiling then down to floor. Then bend your wrist forwards and backwards. Repeat whole process 10 times.

The Operation

Shoulder replacement surgery replaces the ball and sometimes the socket with artificial components (usually a combination of metal and plastic).

There are different types of shoulder replacement surgery:

- *Hemiarthroplasty*: the humeral head is replaced with an artificial ball component, with a stem that extends into the shaft of the bone
- *Total*: both the ball and the socket are replaced with artificial components
- *Reverse*: the artificial components are fitted in reverse i.e. the socket to the upper arm bone and the ball to the shoulder blade
- *Resurfacing*: a metal cap is fitted over the existing ball part of the joint

The operation is usually done under general anaesthetic. The shoulder joint is normally opened from the front and the muscles are moved out of the way. The damaged bone and cartilage is removed and prepared for the artificial components to be fitted.

Benefits of the Operation

The following may be improved after your operation. However, remember this will not happen immediately and people progress at variable rates. You will receive physiotherapy to help you achieve your goals

- Reduced pain
- Improve range of movement, although this may not be full range
- Improved shoulder function
- Improved quality of life

Improvement in function can continue up to 1 year to 18 months after your operation.

Limitations

- You will have reduced shoulder range of movement compared to a healthy joint
- Replacement joints will wear out in time
- Replacement joints will never be as good as a healthy joint
- Your shoulder replacement has not been designed for heavy loading this means you will be unable to lift heavy weights or take body weight through your arm. For example, you will not be able to push through your operated arm to help your out of a chair or bed.

Exercises

Exercises are really important after your operation. They aim to stop your shoulder getting stiff and to strengthen the muscles around your shoulder.

It is normal to feel discomfort, aching and stretching sensations whilst doing these exercises. Having painkillers before and using ice after exercising can help to minimise this.

If you have intense or prolonged pain, e.g. longer than 30 minutes, try doing the exercises less forcefully or less often.

If this does not help, discuss your problems with your physiotherapist.

Remove your sling 3-4 times a day to perform the following exercises. If you put the time and effort in, you will see the improvement.

It is important to start the following exercises the day of or the day after your surgery, or as soon as your nerve block wears off. It is up to you to continue with these at home until you attend for your outpatient physiotherapy appointment.

Complete the exercises in this booklet only to prevent damage to your shoulder. Exercises will be progressed with the outpatient physiotherapist.

Driving

You must not drive for at least 6 weeks after your operation. The consultant will advise if it is ok to return to driving at your follow-up appointment but it is your responsibility to decide when you can safely control the car. It is advisable to start with short journeys. You must make your insurance company aware that you have had the operation.

Return to Work / Sport

This depends on your symptoms and the nature of your work and sport. The information below is just a guide and can be discussed with the doctor or physiotherapist at your outpatient appointments.

Sedentary work	3 weeks plus
Manual work / overhead lifting	12 weeks plus
Lifting with operated arm	6 weeks plus
Gentle sports	12 weeks plus

Follow up Appointments

- You will be seen in your consultant clinic approximately 2 weeks after surgery
- Nursing staff will provide you with information on looking after your wound(s) if applicable. Stitches, if used, are removed at 10-14 days after surgery.
- You will be seen by a physiotherapist as appropriate for your surgery. This is usually 2-4 weeks post-operation.

Risks

The following complications have been associated with shoulder surgery, and will have been discussed with your consultant prior to surgery:

- Loosening of replacement parts
- Fracture of bone during/post- surgery
- On-going stiffness
- On-going pain
- Nerve damage
- Wound infection
- Blood clots
- Complications of anaesthetic

After the Operation

Wearing a Sling

You will be required to wear a sling for 3 weeks after a shoulder replacement. In revision or complex cases you may be required to wear your sling for up to 6 weeks. Your Consultant or Physiotherapist will inform you if this is the case.

You should wear your sling at **all times** except for washing & dressing and performing your exercises. When dressing yourself, dress the operated on arm first.

Your operated arm should be well supported in your sling across your body at chest level (see below)



Pain

To help with your pain a nerve block (interscalene block) might have been used by the Anaesthetist during surgery. This means that your arm will feel numb and you may not be able to move it. The effects of this can last for 24 hours.

As the nerve block wears off, it is important that you take your painkillers as prescribed. The use of ice packs or heat may also help relieve the pain in your shoulder.

Pain and swelling is expected after surgery and as your rehabilitation progresses it is normal to experience some discomfort and aching during and following doing your exercises. Therefore take your pain relief 20 minutes before completing these. If stronger tablets are required, speak to your G.P.

- You may find an ice pack over the area helpful.
- Use a packet of frozen peas, placing a wet paper towel between your skin and the ice pack.
- If you have a wound, use a plastic bag or cling film to protect it from getting wet until it has healed.
- Leave on for 10—15 minutes and repeat several times a day.

Sleeping

Wear your sling whilst sleeping. Avoid lying on the operated arm initially. Sleeping on your back may well be the most comfortable position.