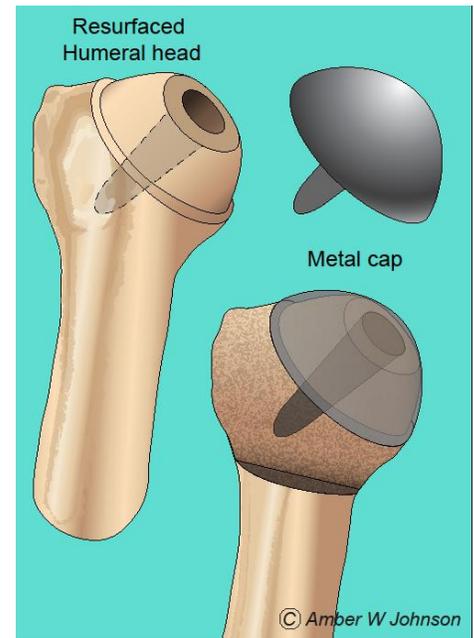




***Shoulder Resurfacing Arthroplasty
Post Operative Rehabilitation Protocol
(Page 1/2)**

Following Surgery:

- Expect a surgical bulky dressing and arm sling with waist belt (shoulder immobilizer) to be worn for 3 weeks.
- Rehab begins immediately after surgery, or first post op day with gentle pendulum swings. Typically admitted overnight in the hospital for pain meds, IV antibiotics, and observation.
- Use cryocuff or ice shoulder 3-5 times per day for 15 minute intervals until your next clinic visit.
- Maintain upright shoulder positioning at all times; sleeping in recliner well tolerated.
- Do not shower until drain tubing and block tubing has been removed.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.



Precautions:

- Watch for signs of infection and call immediately if these signs develop:
 - Fever higher than 100°F, shortness of breath, or feel very sick.
 - Warmth, redness, and/or increased drainage coming from your incision site.
- Watch for signs of blood clots and go to the ER immediately if these signs develop:
 - Excessive increase in swelling, hardness, pain, or redness in forearm or calf.
- In general, do not drive for at least 2 weeks following surgery or while taking pain meds!
- If biceps tenodesis was performed, do not lift objects > than a coffee cup for 8 weeks.
- Avoid strengthening activities involving internal rotation for 8 weeks.

1 Day Post Op:

- Drain will be pulled (prior to discharge from hospital).
- Once the block wears off, perform pendulum exercises as instructed.

3 Days Post Op:

- Block tubing will be removed as instructed or by Geneva Woods.
- May shower with plastic bag covering the area (seal with tape) once block tubing has been removed.
- Take sling off when sitting up in bed or in a chair, and during exercises.
- Ok to use hand for daily activities like brushing teeth, eating, and drinking.
- Wear sling in between exercises, when walking, and at night.

**Please visit our website at www.akhanddoc.com for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.



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***Shoulder Resurfacing Arthroplasty
Post Operative Rehabilitation Protocol
(Page 2/2)**

3 Days Post Op (Contd.):

- **Before all exercises, remember to actively flex and extend elbow (only if no bicep tenodesis)!**
- Therapist will help teach the following: (Perform all exercises 6x/day.)
 - Progressive passive forward flexion with overhead pulley on door.
 - Gentle side-to-side pendulums and Codman exercises.
 - Anterior, middle, and posterior deltoid isometrics.

10-14 Days Post Op:

- Follow up appointment in clinic with P.A.
- Sutures will be removed by therapist or P.A.
- Continue to use sling for sleeping and as needed.
- Continue all stretching exercises **6 times per day!!!**
- Progressively increase use of hand for everyday activities.
- May begin driving independently when not taking any pain meds.

6 Weeks Post Op (at therapy):

- Begin gentle strengthening of deltoid and external rotation with Theraband **Rockwood V** progressive (but continue to avoid internal rotation).
- Add scapular stabilizer exercises; NO subscap strengthening until 8 weeks post op.

8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or M.D.
- Add subscapularis strengthening and external rotation stretch.
- May begin progressive strengthening.
- May begin swimming at about 8-10 weeks.
- Wall push-ups—advancing to knee push-ups off chair (over 6-8 weeks).

12-14 Weeks Post Op

- Follow up appointment in clinic with P.A. or M.D.

Considerations:

- Continue home exercise program with progressive strengthening.
- May expect to return to light activities at 8-12 weeks, and moderate activities by 16-18 weeks.
- Expect release to full activities between 4-6 months.
- Continued improvement can occur for 1-1 ½ years.
- Expect a recheck appointment with x-rays every 1-2 years to watch for loosening.

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