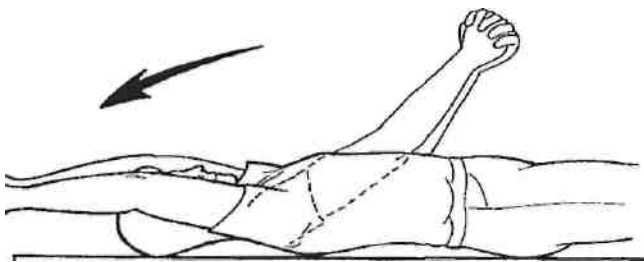
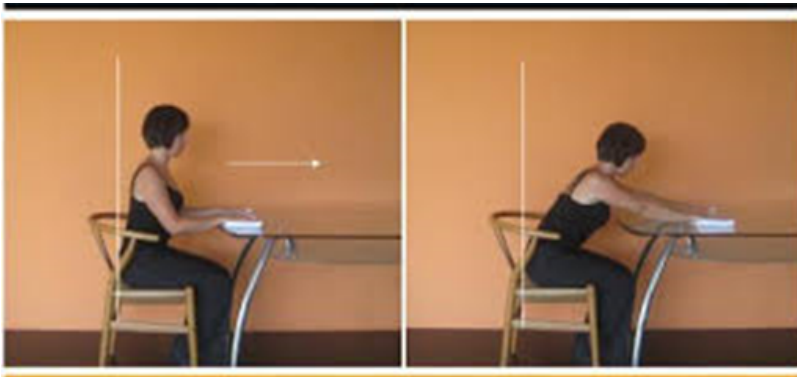




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1. Hold 10 seconds
2. 5 repetitions, 5 times per day
3. Need to get arm to your ear (as in the picture) within 2 weeks of surgery



1. Sit in a chair with your operated arm on table as shown, with hands together
2. Bend forward in the chair, sliding the arm forward on the table, so that you feel a stretch
3. Hold 10 or more seconds
4. 3-5 repetitions, 3-5 times per day

Managing the routine post-operative swelling of your shoulder, upper & lower arm, & hand following shoulder surgery.



It is very usual to have swelling throughout your arm after shoulder replacement surgery. This swelling also makes your arm discolored - at first blue and black, and as it resolves, it becomes more greenish and yellow.

We want you to help resolve this swelling. There are several ways you can help with this.

- Squeeze the ball for 3-5 minutes, 5-10 times a day for the first 2-3 weeks following your surgery.
- 1-2 times per day, lie down, on your back, and raise your operated arm up on a couple of pillows so that your whole arm is above the level of your heart. This is also a good time to squeeze the ball. Stay in this position for 20-30 minutes.

If your arm gets bigger instead of very gradually getting smaller, please contact us. Thank you for your help.



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Information Related to Your Shoulder Replacement

For the 1st 6 weeks:

- Do your exercises 5 times a day, every day. Space them out throughout the day.
- Lift nothing with your operated arm.
- Wear your sling at all times (unless showering or doing exercises)
- Don't pull your arm inward forcefully – like giving someone a one-armed hug with your operated arm, or slamming a car door and don't let your arm rotate outwards!

For the 2nd 6 weeks:

- You are only half way healed – still need to protect shoulder.
- You can stop wearing your sling, except if walking in snow/ice or in uncontrolled environments (crowds, with children, animals)
- Do your exercises 2 times per day, everyday. If you received new exercises at your visit to your surgeon, add those to the ones you are already doing.
- Lift nothing more than a cup of coffee (1 pound) with your operated arm.
- No pushing/pulling

After the 1st 12 weeks:

- Do your stretching exercises once daily, every day, forever. This will avoid your shoulder becoming stiff and less functional in the future.
- Gradually use your arm for increasingly heavy activities. Don't suddenly try to lift something heavy, rather lift something a little heavier each week so that you are gradually increasing the stress to your shoulder.