

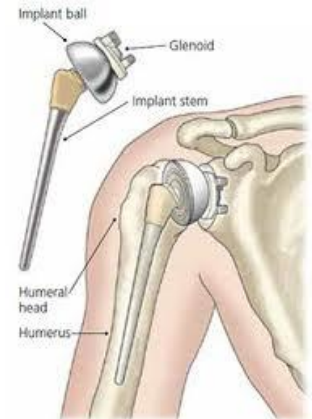
# PATIENT EDUCATION: 0-2 weeks post-operatively

## TOTAL SHOULDER ARTHROPLASTY/HEMIARTHROPLASTY

### General Information

Total Shoulder Arthroplasty (TSA) or hemiarthroplasty are commonly used as treatment options for osteoarthritis, rheumatoid arthritis and fractures of the shoulder joint among other shoulder pathologies.

In shoulder replacement surgery, the damaged parts of the shoulder are removed and replaced with artificial components, called a prosthesis. The treatment options are either replacement of just the head of the humerus bone or ball (hemiarthroplasty), or replacement of both the ball and the socket or glenoid (TSA).



### Shoulder Precautions

- While lying on your back use a small pillow or towel behind elbow to avoid shoulder hyperextension (should always be able to visualize your elbow)
- Sling is worn up to 4 weeks post-op and only removed for exercise or bathing as directed
- Avoid shoulder active range of motion (AROM) until 4 weeks
- No lifting of objects or supporting body weight with operative extremity
- No internal rotation or placing arm behind back
- No excessive stretching or sudden movements (particularly external rotation)
- No driving for 3 weeks

#### Post-op Day 1

- Passive range of motion- motion done solely by therapist
  - Laying on back, forward flexion, external rotation, internal rotation
- Active motion/exercise for elbow, wrist and hand
- Pendulum exercises
- Frequent use of cryocuff for pain, swelling and inflammation management
- Patient education on proper sling positioning and joint protection

#### Early Phase 1: Day 1-Week 2

- Begin scapular pinches
- Continue active elbow range of motion
- Continue use of ice as much as possible

#### Goals

- Allow healing of soft tissue
- Maintain integrity of replaced joint
- Gradually increase PROM of shoulder and restore AROM of elbow, wrist and hand
- Independent with activities of daily living (ADLs) with modifications
- Patient and family independent with joint protection, assisting with putting on/taking off sling, home exercise program
- Use of ice to help reduce pain and swelling

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