

CLEVELAND
SHOULDER
INSTITUTE

TOTAL SHOULDER REPLACEMENT PATIENT HANDBOOK

Physical/Occupational Therapy

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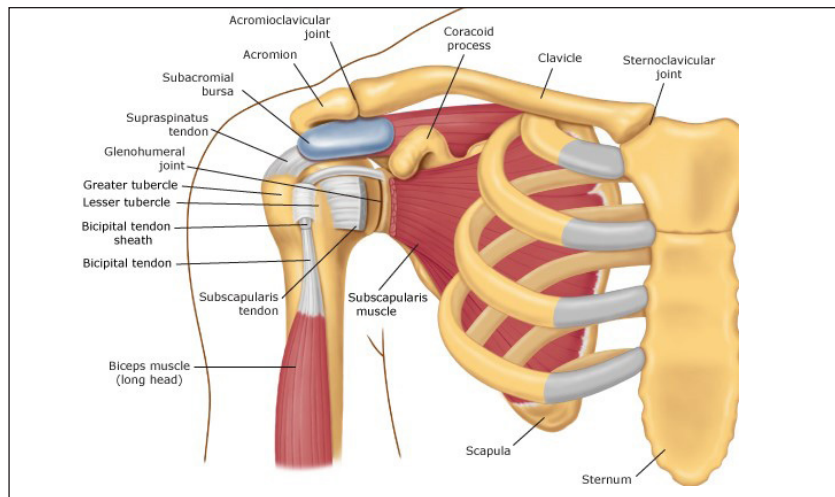
Therapist: _____

Post-Op Visit: _____

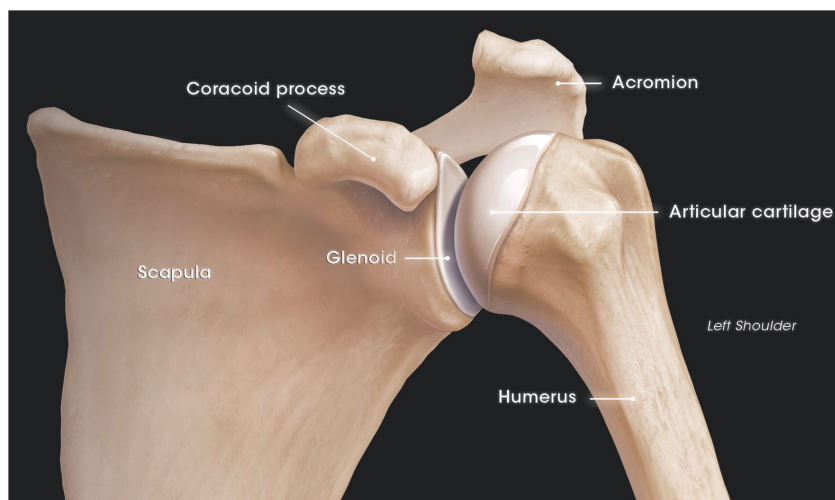
Anatomy and Function of the Shoulder

The shoulder functions by means of four bony joints: the glenohumeral joint, acromioclavicular joint, sternoclavicular joint and the scapulothoracic joint. The main group of muscles that helps to control the shoulder's movement and keep it stable are called the rotator cuff muscles. The rotator cuff consists of the supraspinatus, infraspinatus, subscapularis and teres minor.

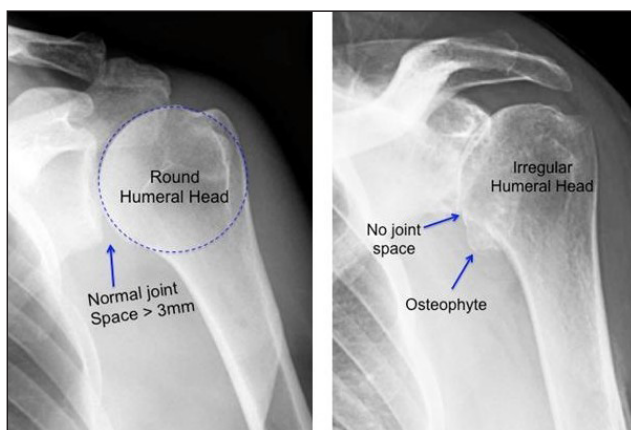
SHOULDER ANATOMY



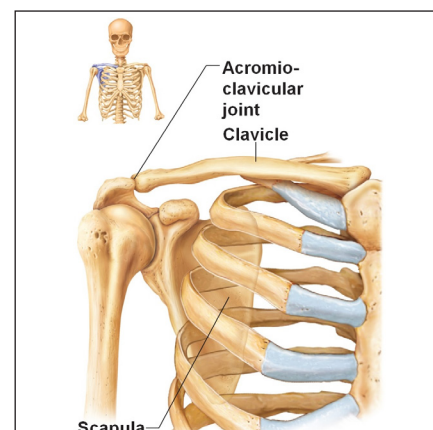
The main shoulder joint is the glenohumeral joint and is described as a ball and socket joint. The ball portion is comprised of the upper arm bone (humerus) and the socket is a part of the shoulder blade (scapula). In a healthy joint, there is cartilage covering the surfaces of the humeral head and the glenoid. These surfaces are smooth and allow for minimal wear and friction on the underlying bones.



ARTHRITIC SHOULDER



CLAVICLE



Total Shoulder Replacement Surgery

What to expect from shoulder replacement surgery

Arthritis occurs when the cartilage covering the humeral head and glenoid is worn and damage to the bone has occurred. During shoulder replacement surgery, the damaged portions of the bone are removed and smooth metal and plastic implants are placed over the surface.

A total shoulder replacement includes resurfacing of the humeral head with a partial sphere composed of metal and the glenoid with an oblong plastic component. A partial or hemi-shoulder replacement means that only the humeral head is resurfaced.

A reverse total shoulder replaces the humeral head and glenoid, but with the spherical component at the prior glenoid position and the plastic humeral cup at the prior humeral head position - opposite or reverse positions to that of the total shoulder replacement.

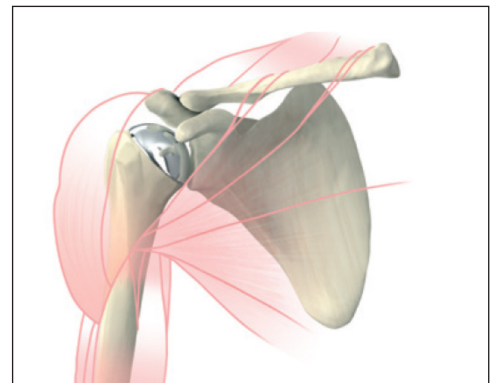
How does the prosthesis work?

Your artificial joint, or prosthesis, will function very similarly to a regular, healthy joint. A joint replacement provides pain relief for an overwhelming majority of patients. Most patients can also expect to regain near normal movements. Your artificial joint will enable you to resume most of your normal activities.

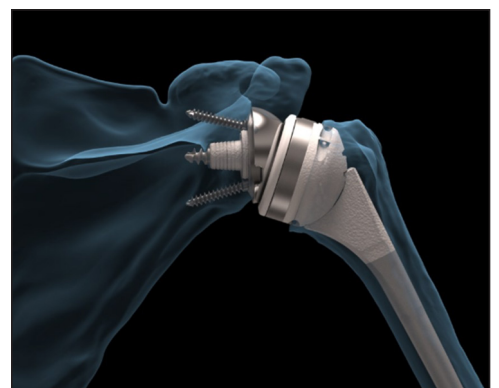
TOTAL SHOULDER REPLACEMENT



HEMI-SHOULDER REPLACEMENT



REVERSE TOTAL SHOULDER REPLACEMENT



Total Shoulder Replacement Surgery

What can I expect after shoulder replacement surgery

In most cases, you will be able to return home after a short stay in the surgery center or hospital. You will need a companion to drive you home.

You may want to have someone stay with you for the first 24 hours. Your arm will be placed in a sling. The shoulder will be a bit stiff and sore, but these symptoms will get better quickly. The incision on your shoulder will be held closed by staples. Covering the shoulder will be a simple gauze dressing held in place with tape.

An office visit with your physician will be scheduled within the first week after your surgery to assess that your wounds and surgical repair are healing properly and all is going well. The gauze bandaging will be removed at this visit. Additional follow up visits will be scheduled with your physician at two weeks post operatively to remove the staples if applicable, and then every four weeks to monitor your progress.

After the initial gauze dressing has been removed, you can clean the shoulder area with soap and water. You can take a shower or bath, but do not soak the shoulder under water.



Shoulder Replacement Surgery Risks

As with any surgery, shoulder replacement carries some risk, however, it has been shown to be safe with few complications.

Risks from arthroplasty

- Bleeding
- Infection
- Nerve damage
- Blood clots

Risks from anesthesia

- Allergic reaction to medication
- Problems breathing

Additional Risks

- Stiffness or limitations of movement
- Failure of the surgery to relieve symptoms
- Failure of the repair to heal
- Loosening of prosthesis
- Weakness of the shoulder
- Re-injury



Total Shoulder Replacement Surgery

What problems should I contact my doctor about?

Complications following surgery are rare, however, should any of the following things occur, contact your physician immediately.

- Drainage from the wound for more than 24 hours
- Redness or a foul odor develops around the wounds
- Pain cannot be controlled with medication
- Your temperature is above 101 F

Prolonged nausea and vomiting may be a sign of adverse reaction to medication, anesthesia or pain medication. Your physician should be contacted in this case.

How do I relieve pain?

1. Wear your sling as directed and follow all precautions given to you by your surgeon.
2. Take prescribed medications as directed. Don't wait for the pain to get bad before you take them.
3. Ice at least 3 times/day for 15-20 minutes at a time. A crushed ice pack, commercial cold pack or bag of frozen vegetables all work well as sources of cold. Put a thin cloth between your skin and the ice source. Cold/ice can be used in cases of acute inflammation (hot, red and swollen) for relief of pain and muscle spasm, and after an exercise session.



How long until full recovery?

The time it takes to return to unlimited activity following surgery will depend on:

- The nature of the original problem
- The type of surgery that was performed
- The amount of repair that was done
- The individual patient

Usually, at least six weeks of recovery time is required. General light activity will be limited but this gradually improves as the range of motion and strength becomes more equal to the other arm.

When will I begin physical therapy?

Physical therapy will begin within the first few weeks after your surgery, most likely at the time of your post-operative visit with the doctor. The initial focus of physical therapy will be on pain management as well as range of motion of the shoulder and surrounding joints to avoid stiffness. Physical therapy is often the most important part of treatment. Chances of a full recovery increase when the exercises are done regularly.



Home Exercise Program: Shoulder



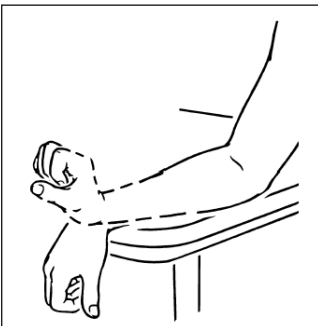
Pendulum Sway

1. Sway your whole body slowly to move arm forward and backward. Do not let the arm tense up. Use only your body movement to begin the motion - not your arm muscles.
2. Repeat, with the arm moving side to side.
3. Repeat, with the arm moving in circular patterns, clockwise and counter clockwise.
4. 15 repetitions, 2 sets, 3-5 times/day.



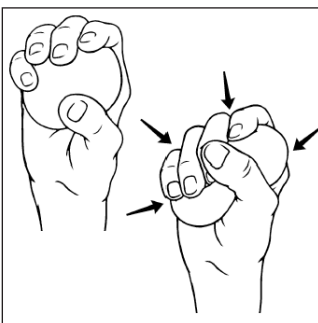
Elbow Flexion/Extension

1. Stand with arm straight, palm of hand facing forward.
2. Bend elbow, raising hand up towards shoulder
3. 15 repetitions, 2 sets, 3-5 times/day.



Wrist Extension

1. Bend wrist as shown.
2. 15 repetitions, 2 sets, 3-5 times/day.

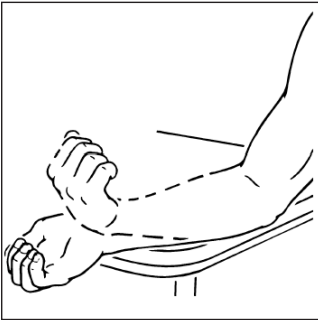


Ball Squeeze

1. Hold ball as shown.
2. Squeeze ball as firmly as you can.
3. Hold for 3-5 seconds
4. 15 repetitions, 2 sets, 3-5 times/day.

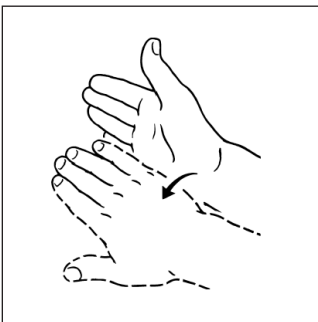


Home Exercise Program: Shoulder



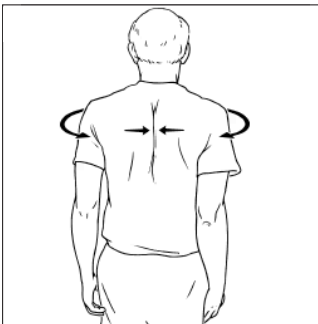
Wrist Flexion

1. Bend wrist as shown.
2. 15 repetitions, 2 sets, 3-5 times/day.



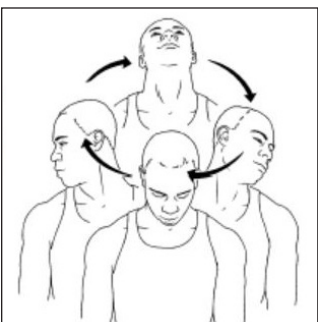
Pronation/Supine

1. Begin with palm facing down.
2. Turn palm upward.
3. 15 repetitions, 2 sets, 3-5 times/day.



Shoulder Squeeze

1. Assume upright posture with shoulders relaxed.
2. Pinch shoulder blades together as shown.
3. Hold for 3-5 seconds.
4. 15 repetitions, 2 sets, 3-5 times/day.



Neck Range of Motion

1. Sit with back straight, head in a comfortable, centered position.
2. Slowly roll head in a full circle 10 times in one direction.
3. Repeat 10 times in opposite direction.





CLEVELAND SHOULDER INSTITUTE

The Cleveland Shoulder Institute treats patients with all types of shoulder and elbow disorders resulting from traumatic injuries, arthritis, instabilities, rotator cuff and sports-related injuries. Led by internationally recognized Orthopedic Surgeon Reuben Gobezie, MD, the institute provides both surgical and non-operative treatments.

Dr. Gobezie is one of the country's top specialists in advanced arthroscopic and open surgical techniques to restore damaged joints, ligaments and bones. He is also one of the most experienced and highest volume shoulder surgeons in the country. A number of studies have shown that surgical volume, the number of surgeries a surgeon performs each year, is a strong predictor of patient outcome. The more surgeries that a doctor and his surgical team performs, the better the results for patients.

Dr. Gobezie is a pioneering shoulder surgeon having developed the first cartilage transplant procedure for the shoulder performed arthroscopically. He has also developed advanced new techniques for treating biceps and tendon injuries in athletes. Along with Dr. Laurent Lafosse, a world leader in arthroscopic shoulder reconstruction, Dr. Gobezie developed a minimally invasive total shoulder replacement in France. In 2015, Dr. Gobezie received the NEER Award, the most prestigious international research award in shoulder surgery. He lectures at many prominent venues nationally and around the world.

In 2010, Dr. Gobezie was elected to American Shoulder and Elbow Surgeons, the most prestigious specialty society in the United States for shoulder and elbow surgeons. He also received the Patients' Choice Award, given to physicians who have received near perfect scores as voted by patients. Dr. Gobezie is a five+ year Patient's Choice award winner, an honor bestowed upon less than 1% of physicians nationally, and the result of online patient ratings of their medical care. Additionally, Dr. Gobezie is consistently ranked on the Top Doctors list nationally by Castle Connolly through peer nomination and extensive screening.

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