



Shoulder Replacement (Anatomical)

What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
4 weeks	2 night stay in hospital	Movements within the safe zone	No forced movements, stretching. No lifting more than a cup of tea

Plan for review appointments?

If something feels wrong	2 weeks	3 months	12 months
Call the office in business hours; GP/local emergency department if after hours	Wound check and change of dressings	Review with a X-ray of your shoulder	Review with a X-ray of your shoulder

Notes to Physiotherapist

Sling for 4 weeks

For the first 4 weeks limit to passive and active assisted ROM to:

- Forward flexion/abduction to 90 degrees
- ER to 20 degrees

Pendular and scapular stabilisation exercises

Neck, Elbow, Wrist and Hand exercises

Active ROM as tolerated from 4 weeks; gently increase ER as tolerated

Strengthening after 12 weeks

Returning to occupational and recreational activities?

Light work	2-3 weeks
Driving	6-8 weeks
Run/Road bike	6-8 weeks
Gardening	3-4 months
Heavy work	6 months
Gym	6-12 months
Swim	6-12 months
Tennis/Golf	6-12 months