

Total Shoulder Arthroplasty D/C Instructions

Brace at all times x 4 weeks, take off for shower and exercises only

Exercises 4x/day, pendulums, table slides, elbow/wrist range of motion, active assisted forward flexion to 130 degrees. No external rotation beyond neutral, no pushing off chair to stand with operative shoulder

Start outpatient Physical Therapy 7-10 days after surgery

Ok to shower, dressing is waterproof. Do not remove dressing until follow up with Dr. Hazelwood

Follow up with Dr. Hazelwood as scheduled in approximately 2 weeks