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## ANATOMIC SHOULDER REPLACEMENT REHABILITATION

### Days 0 to 14

#### **Post-op recovery**

Primary goal here is to allow wound healing and to decrease swelling. You may be discharged the same day as surgery. On discharge, you will have waterproof dressings on, and your arm will be in a sling. Leave your dressings on until your review in clinic in 10-14 days post-surgery.

Contact my team if you have any concerns about your wound.

#### **Exercises**

- Elbow range of motion
- Squeezing shoulder blades together

### Weeks 2 to 6

Perform passive forward flexion / abduction / external rotation 5 times a day. You can consider returning to desk duties if clearance given.

### Weeks 6 to 12

- Out of sling
- Commence driving
- Active range of motion exercises

### Months 3 to 6

- Rotator cuff strengthening exercises
- Scapular stabilizers strengthening
- Light duties can be commenced if clearance given
- Normal duties after 6 months

Overall rehab time is **18 months**.