

## Activities of daily living after Total Shoulder Replacement

### Dressing:

\*Wear sling at all times when up.

\*OK to wear a large light weight t-shirt or tank top under sling. To put on, dress operated side first using the “pendulum” movement to bring arm away from the body. To take off, start with the un-operated side and again use “pendulum” movement to take shirt off operated side.

\*There may be a pad in the armpit after surgery. This is for skin protection and to help absorb perspiration. You can replace this with a medium size maxi pad folded over itself (sticky side in) and again use “pendulum” movement to place.

### Showering:

\*Most likely you have an “Aquacil” dressing on your incision which is waterproof and does not need to be covered for showering. (Your nurse will verify this for you before discharge.)

\*Sitting for your shower will allow you to rest the operated arm on your lap as well as not have any issues with balance while in the shower.

\*Recommendation is to have water off, step into shower with sling on, sit, remove sling and give to your assistant. Shower. Turn water off and dry off seated, replace sling to step out of shower. This will make sure the arm is secured should you have any loss of balance stepping in/out of the shower.

### Other tasks:

\*It is useful to keep the elbow and hand active on the operated side. When doing this be sure not to activate your shoulder. Sometimes it is helpful to imagine your upper arm is strapped to your body so that it stays secure. OK to use elbow and hand as a “helper” when doing things such as opening a tube of toothpaste, buttoning your pants, etc.

\*When at rest it is ok to remove the sling and find a position of rest with use of pillows under the operated arm, allowing the elbow to straighten and the shoulder to relax.

**Your doctor will let you know when you are ready to increase your activity.  
Physical Therapy will give you exercises and more clarity on any restrictions in  
your movement.**

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