



SURGEONS CHOICE™
MEDICAL CENTER

OCCUPATIONAL THERAPY PROTOCOL
TOTAL SHOULDER ARTHROPLASTY PROGRAM



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Occupational Therapy Guidelines

1. Day of Surgery Expectations:

- Occupational therapy evaluations will be attempted for patients who have been transferred from post-operative recovery to the surgical unit by 2:00pm. If the evaluation cannot be initiated by OT on day of admission, the nursing staff will assist the patient with out-of-bed (OOB) activity.

2. Day 1 Expectations:

- Patients not seen on the day of surgery will have an occupational therapy evaluation and treatment session completed by 11:00am on Day 1.
- Some patients may be able to discharge home without an occupational therapy evaluation depending on the surgeon's preferences.
- If needed, a physical therapy evaluation can also be ordered on Day 1 for patients who require assistance post-surgically with ambulation, stair negotiation, and bed mobility.
- Treatment sessions for the duration of the patient's admission will be 1-2x/day for up to 1 hour.
- OOB activity should be attempted 3x/day with nursing staff following the occupational therapy evaluation to reduce risk of immobility.
- The patient should perform 2 additional walks with nursing staff in hallway throughout each day after the occupational therapy evaluation.
- Patients should expect to discharge home on Day 1 pending clearance from therapy and the nurse practitioner. Otherwise Day 2 accommodations will be made.

3. Day 2 Expectations:

- Should the patient require follow up visits from occupational therapy, AM treatment sessions on Day 2 should also be completed before 12:30pm to allow for early discharge planning. If a PM treatment session is needed, then it should be completed between 12:30pm and 4:30pm.
- Again, OOB activity should be attempted 3x/day with nursing staff following the occupational therapy evaluation.
- The patient should perform 2 additional walks with nursing staff in the hallway throughout each day after the occupational therapy evaluation.

4. Discharge Planning:

- Depending on insurance and medical clearance, patients should expect to discharge **HOME** on post-operative day 1.
- If the PT or OT deems the patient is not safe to return home, then a discussion regarding alternative discharge plans such as sub-acute rehab will be had with the NP, SW and RN.
- Home health services will be arranged if applicable.



5. Pain Pump:

- If prescribed by the surgeon, a pain pump will be attached during surgery and should stay in place for 72 hours.
- If the patient's admission is <72 hours, the pain pump will be removed at home. If the patient's admission is >72 hours, the pain pump will be removed while admitted at the hospital.
- The pain pump provides a continuous drip every 30 minutes. The patient can push the button as needed for additional pain management.

6. Durable Medical Equipment (DME):

- Your surgeon may provide an abductor sling prior to surgery. If not, an abductor sling will be placed intra-operatively or in post-operative care to maintain a non-weight bearing (NWB) status.
- Toilet and shower accessories are not covered by insurance and must be purchased out of pocket or borrowed (*see Great Lakes Loan Closets attached*).

7. Positioning/ Body Mechanics:

- Patients must always keep the abductor sling positioned on the affected side unless otherwise instructed by the surgeon.
- While seated, placing a pillow under the abductor sling may aid in comfort, however it is important to remember that the affected shoulder should not be elevated.
- While lying in bed, place a small pillow or towel roll behind the elbow of the surgical arm to avoid movement at the shoulder joint.
- Patients will have precautions, which include maintaining a NWB status of the affected extremity. See below for detailed description of a NWB status.

8. Educational Materials included:

- TSA precautions
- Exercises following Shoulder Surgery
- List of Adaptive Equipment
- Loan Closets
- Energy Conservation
- Home Safety with daily tasks
- Intimacy guidelines

9. References:

- Please refer to the following YouTube video titled, "Milia Sling," for further education and training on sling management, dressing techniques, and exercises.
➤ https://www.youtube.com/watch?v=02xp_IFaz0o



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Total Shoulder Arthroplasty Precautions

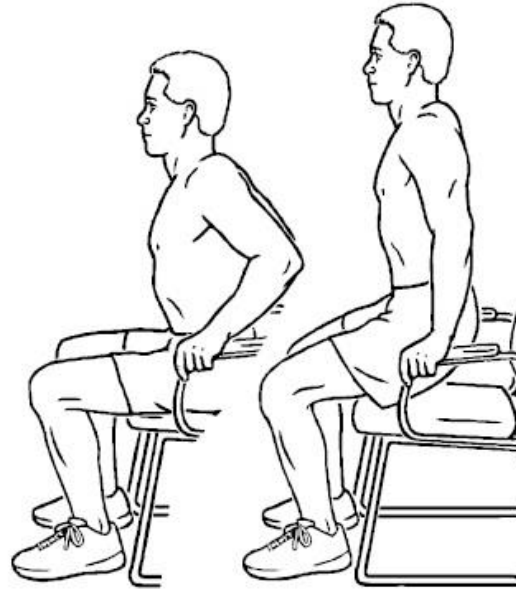
Follow these rules for 4-6 weeks, or until your surgeon instructs otherwise.

NO LIFTING

(weight is dependent on surgeon)

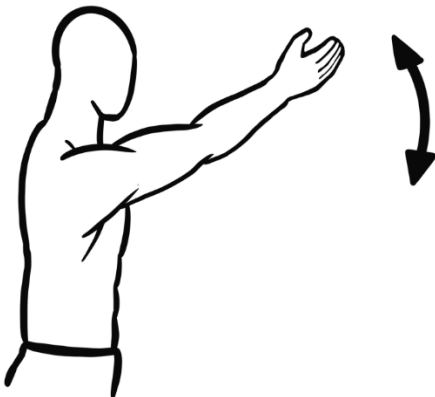


NO PUSHING/PULLING



NO ACTIVE MOVEMENT

(dependent on surgeon)



KEEP SLING ON AT ALL TIMES

(dependent on surgeon)





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Cryotherapy



- Ice packs can be applied to the surgical shoulder for 20 minutes at a time and should have a barrier such as a towel or pillowcase to protect your skin from burns.
- Alternative icing options include the use of a Polar Care Kodiak Cold Therapy cooler, which provides continuous motorized automated cold and compression therapy.
- Use icing method for pain management at rest and/or after exercise.



Exercises following Shoulder Surgery

1. Pendulum Exercises: ONLY if ordered by your surgeon

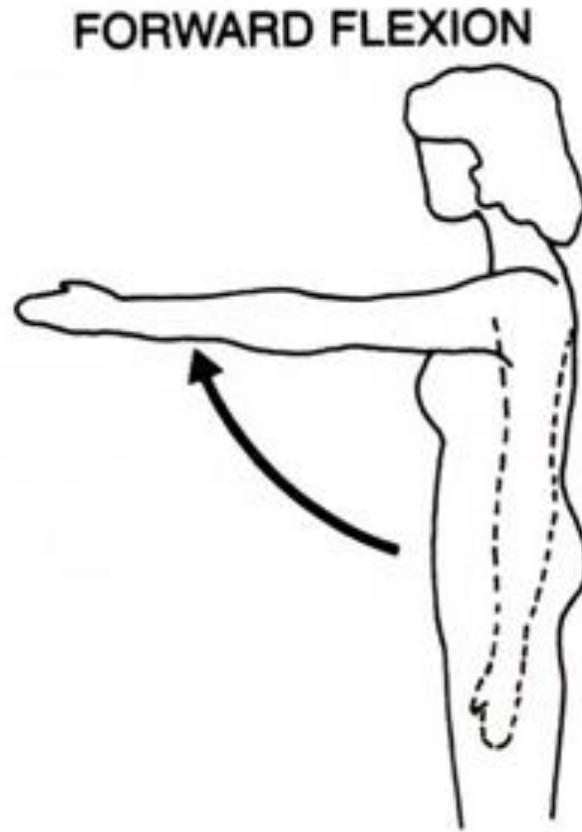


Find a sturdy table or chair to stabilize yourself by holding on with your non-affected arm. Relax your shoulders. Stand and lean over slightly with your feet staggered, allowing the surgical arm to hang down. Slowly move your feet back and forth letting gravity sway the surgical arm. Do not actively engage your shoulder muscles to perform this exercise. Repeat, performing side-to-side and in clockwise and counter-clockwise directions. As your symptoms improve, increase the diameter of your sway, but never force it.

Perform 30 repetitions of each direction 3x/day.



2. Active Shoulder Flexion: ONLY if ordered by your surgeon

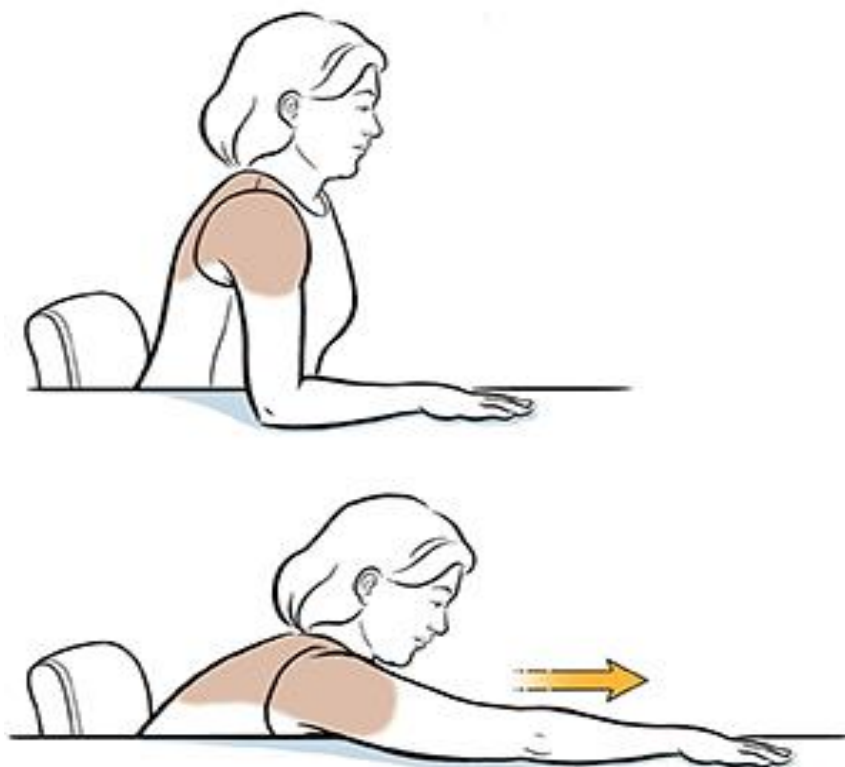


While sitting or standing with your arm at your side, slowly raise it up and down in a pain-free range. DO NOT FORCE YOUR ARM UP. Increase the range of movement gradually. Use a mirror to ensure accuracy of movement.

Perform 10 repetitions 3x/day.



3. Table Slides: ONLY if ordered by your surgeon.



Sit in a chair sideways next to a table with your surgical arm on the table and pointed forward. Slowly lean forward and slide your surgical arm forward on the table until you feel a stretch in your shoulder. Hold the stretch for 5 seconds and then slowly return to neutral and sit back.

Perform 5 repetitions 3x/day.



Upper Body Dressing

Putting on Open Front & Pullover Garment (Left-Side Affected)

	1. Position your shirt face down on your lap with the collar at your knees.
	2. Gather the opening of the left shirt sleeve and place it on your lap.
	3. Lean forward and place your left arm into the sleeve opening. Pull the sleeve up over your elbow using the non-affected right arm.
	4. Place your right arm into the right sleeve opening. Grasp the fabric and pull the shirt over your head and right shoulder.



Upper Body Dressing

Removing Open Front & Pullover Garment (Left-Side Affected)



1. Grasp the back of the collar.



2. Pull the shirt off over your head with your right arm.



3. Remove your right arm from the sleeve.



4. Remove your left arm from the shirt by rubbing it against your leg.



Upper Body Dressing

Putting on Open Front & Pullover Garment (Right-Side Affected)

	1. Position your shirt face down on your lap with the collar at your knees.
	2. Gather the opening of the right shirt sleeve and place on your lap.
	3. Lean forward and place your right arm into the sleeve opening. Pull the sleeve up over your elbow using non-affected left arm.
	4. Place your left arm into the right sleeve opening.
	5. Grasp the fabric and pull the shirt over your head and right shoulder.



Upper Body Dressing

Removing Open Front & Pullover Garment (Right-Side Affected)



1. Grasp the back of the collar.



2. Pull the shirt off over your head with your left arm.



3. Remove your left arm from the sleeve.

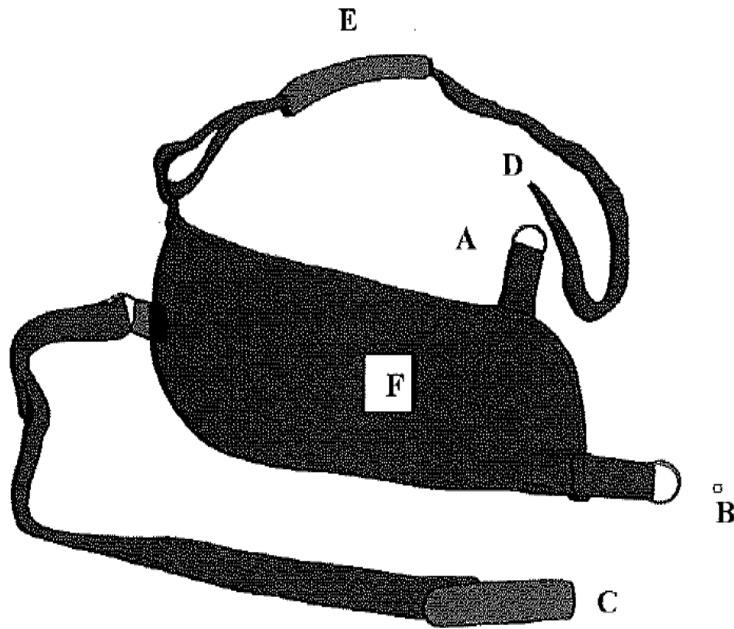


4. Remove your right arm from the shirt by rubbing it against your leg.

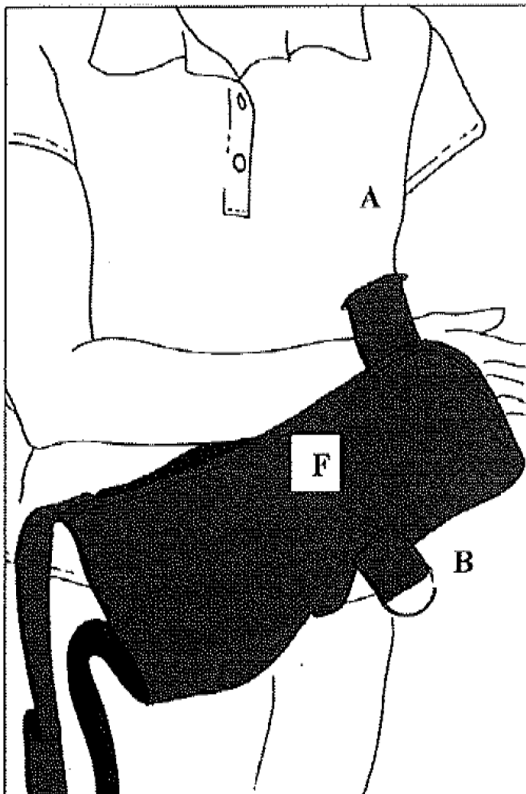


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Applying & Adjusting your Abductor Sling

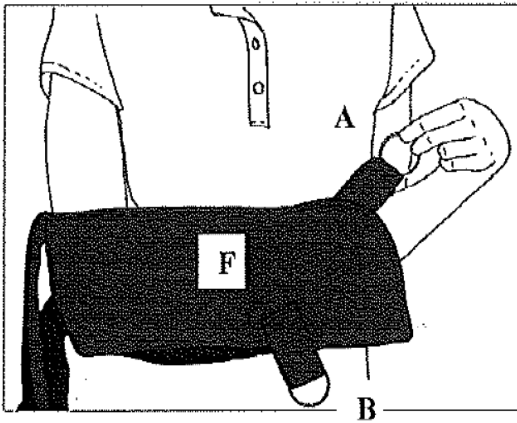


- A = Top ring
- B = Side Ring
- C = Waist Strap
- D = Shoulder Strap
- E = Neck Pad
- F = Arm Cover

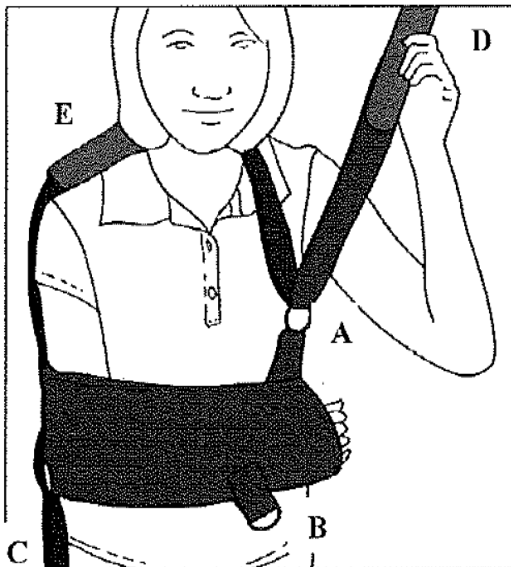


Firstly, place your hand (of the affected side) into the cover (F).

Secure the cover (F) around the elbow

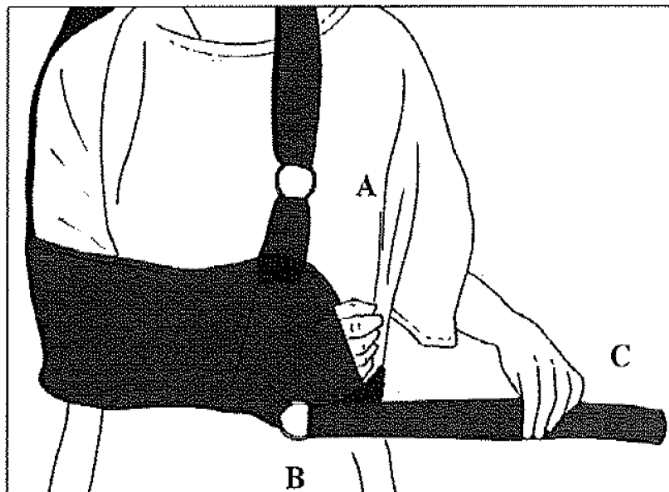


Elbow should fit snugly into corner of the cover (F).



Pull shoulder Strap (D) through top ring (A) and secure shoulder strap (D) back onto itself with the Velcro.

Note: Elbow should be resting at 90 degree angle.



Note: Shoulder strap comes behind the affected shoulder.

Pull waist strap (C) through side ring (B). Secure back onto it self with the Velcro.



Adaptive Devices/ Durable Medical Equipment



Bedside Commode

Walmart: \$34.15

Amazon: \$33.96

CVS: \$72.99

Binson's: \$57.25



Shower Chair

Walmart: \$20.97

Amazon: \$34.68

CVS: \$49.99

Binson's: \$74.96



Tub Transfer Bench

Walmart: \$57.43

Amazon: \$55.88

CVS: \$93.99

Binson's: \$101.56



Hip Kit – 5 pieces

Walmart: \$39.07

Amazon: \$32.99

CVS: N/A

Binson's: \$44.44



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Durable Medical Equipment – Great Lakes Loan Closets

www.loanclosets.org/michigan

World Medical Relief 21725 Melrose Ave. Southfield, MI 48075 M-F 8:00am-4:00pm	(313) 866-5333 www.worldmedicalrelief.org	Macomb, Oakland, Wayne and Washtenaw Counties	- MUST bring referral/ prescription - Call to check availability - Small handling fee for purchase (cash, money order, credit card)
Dublin Community Senior Center 685 Union Lake Road White Lake, MI 48386 M-F 8:00am-4:30pm	(248) 698-2394	Oakland County	- White Lake residents 50 and older only - Call to check availability - 3 month loan
NEXT 2121 Midvale Road Birmingham, MI 48009 M-Th 8:30am-8:00pm Fri 8:30am-5:00pm Sat 9:00am-2:00pm	(248) 203-5270	Oakland County	- Call to check availability and to reserve equipment - 3 month loan period - \$20 fee per item (non- refundable)
Waterford Parks and Recreation 5640 Williams Lake Road Waterford, MI 48329 M-F 7:45am-4:00pm	(248) 674-4881 www.waterfordmi.gov/227/50-Recreation-Activities	Oakland County	- Must have valid ID - Call to check availability - 3 month loan period - \$10 fee per item
Independence Township Senior Community Center 6000 Clarkston Road Clarkston, MI 48348 M-F 8:00am-5:00pm	(248) 625-8231 www.twp.independence.mi.us/services/Adult50/overview.asp	Oakland County	- Anyone is eligible - Unlimited loan period - \$10 cash deposit for shower chair, \$25 cash deposit for wheelchairs, seated walkers and tub benches
Auburn Hills Senior Services 1827 N. Squirrel Road Auburn Hills, MI 48326 M-F 8:00am-9:00pm Sat 10:00am-9:00pm	(248) 370-9353 www.auburnhills.org	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability



City of Troy 50+ Program 3179 Livernois Troy, MI 48083 M-F 8:00am-8:00pm Sat 8:30am-12:30pm	(248) 524-3484 www.troymi.gov/PlayHere/ Community/SeniorCitizen Program/InformationAnd Services.aspx	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability
Bloomfield Township Senior Services 4315 Andover Bloomfield Township, MI 48302 M-Th 7:00am-8:00pm Fri 7:00am-6:00pm Sat 8:00am-2:00pm	(248) 723-3500 www.bloomfieldtwp.org/ Seniors	Oakland County	- Bloomfield Township residents 60+ - Short term loan period - Call to check availability
City of Wixom Senior Center 49045 Pontiac Trail Wixom, MI 48393 M-Th 8:00am-3:00pm	(248) 624-0870 www.cityofwixom.com/ index.aspx?nid=868	Oakland County	- Only Wixom residents eligible - Unlimited loan period - Call to check availability - No bathroom equipment
Good Shepherd Lutheran Church 814 N. Campbell Road Royal Oak, MI 48067 M-Th 9:00am-3:00pm	(248) 548-3111 www.goodshepherdRO.org	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability
Mahany/Meininger Senior Community Center 3500 Marais Royal Oak, MI 48073 M-F 9:00am-4:30pm	(248) 246-3900 www.ci.royal-oak.mi.us	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability - Walkers and wheelchairs only
City of Madison Heights Active Adult Center 29448 John R Madison Heights, MI 48071 M-F 9:30am-2:00pm	(248) 545-3464 www.madison-heights.org/ 279/Active-Adult-Center	Oakland County	- Only Madison Heights residents eligible - Unlimited loan period - Call to check availability - 3 item borrowing limit
Clawson Senior Center 509 Fisher Court Clawson, MI 48017 M-Th 8:00am-4:00pm Fri 8:00am-12:00pm	(248) 583-6700 www.cityofclawson.com/ your_government/parks_ and_recreation/senior_ adult_programs.php	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability



Berkley Parks and Recreation Senior Loan Closet 2400 Robina Berkley, MI 48072 M-F 9:00am-5:00pm	(248) 658-3470 www.berkleymich.org/ departments/parks_and_ recreation/seniorservices.php	Oakland County	- Anyone 50 years or older is eligible - Unlimited loan period - Call to check availability
Northville Community Senior Center 303 W. Main Street Northville, MI 48167 M-F 10:00am-4:00pm	(248) 349-4140 www.northvilleparksand rec.com	Oakland and Wayne Counties	- Only Northville and Novi residents eligible - 3 month loan period - Call to check availability
City of Novi Older Adult Services 45175 W. Ten Mile Road Novi, MI 48375 M-F 8:00am-5:00pm	(248) 347-0414 www.cityofnovi.org	Oakland County	- Anyone 55 years or older is eligible - Unlimited loan period - Call to check availability
Disability Network of Oakland and Macomb 1709 John R Troy, MI 48083 M-F 8:00am-4:00pm	(586) 268-4160 ext. 6609 www.dnom.org	Oakland and Macomb Counties	- Anyone is eligible - 6 month loan period - Call to check availability
Recycle Ann Arbor ReUSE Center 2420 S. Industrial Highway Ann Arbor, MI 48104 M-Sat 10:00am-6:00pm Sun 11:100am-3:00pm	(734) 222-7880 www.recyclannarbor.org	Oakland, Wayne, Washtenaw, Monroe, Lenawee, Ingham, Livingston & Jackson Counties	- Low cost purchase (no lending) - Call to check availability
Paralyzed Veterans of America Michigan Chapter 40550 Grand River Avenue Novi, MI 48375 M-F 8:30am-4:00pm	(800) 638-6782 www.michiganpva.org	All counties	- Anyone is eligible - Unlimited loan period - Call to check availability



Energy Conservation following Shoulder Surgery

- Plan before you start a new task. Eliminate tasks that are not absolutely necessary for your daily routines.
- Assemble all supplies prior to starting a task.
- Work in loose, comfortable clothing without restrictions.
- If possible, sit to perform tasks instead of standing.
- Slide or roll items along the countertop to avoid lifting.
- Minimize excess movement with certain tasks like making the bed.
- Work at a moderate pace as you will most likely burn more energy if you move faster.
- Plan your tasks in advance and spread them throughout the week to avoid over working.

**** REMEMBER: It's important to maintain a balance between work and rest. Short rest periods of 15 minutes between each hour of activity are encouraged****



Safety with Everyday Activities following Shoulder Surgery

General Considerations:

- Pick the entrance to the house that includes a handrail that may be held with your non-affected arm. You may need to negotiate steps backwards in order to use a handrail.
- Keep pathways and surfaces in your home clear of objects such as shoes, toys, clutter, etc.
- Area rugs should be removed to prevent tripping.
- Always keep your cell phone or cordless phone with you in case of falls or other emergencies.
- Use a reacher to pick things up off the ground or from lower surfaces.
- If the patient's bed is not accessible consider moving the bed or converting another room into a bedroom.
- If the patient's bed has casters, they should be removed.
- Some patients will benefit from changing the height of their bed to make it easier to get in or out of the bed.
- Install a night light in case the patient needs to get up at night.

Meal Preparation and Laundry:

- Avoid lifting bags of groceries, laundry baskets and garbage bags.
- Sit to prepare foods or fold laundry if possible.
- Slide or roll items along the countertop instead of lifting them.
- Keep items within safe and easy reach on the countertop and in the refrigerator.



Safety with Everyday Activities following Shoulder Surgery

Bathing:

- Instructions regarding showering should be found in your discharge paperwork obtained from your nurse.
- No tub bathing or swimming until you are cleared by your surgeon.
- Grab bars may be installed to help patients get in and out of the tub or shower, however, ONLY use the non-affected arm in order to maintain a NWB status with your surgical arm.
- A shower chair or tub transfer bench may also be necessary for patients with decreased standing tolerance.
- A hand-held shower head and long-handled sponge can also be purchased to avoid breaking your precautions.

Toileting:

- An elevated toilet seat or bedside commode may be indicated to increase ease and safety.
- Toilet articles, such as toilet paper, should be within easy reach of your non-affected arm.

Dressing:

- Sit down to get dressed. Dress your surgical arm first. See the dressing section, pages 9-12.
- If needed, use long handled adaptive equipment such as a reacher, dressing stick, sock aid and shoehorn to assist.

Grooming:

- When standing at the sink, stagger feet with one foot in front of the other, as if you just took a step.
- If you need to brace yourself at the sink, consider brushing your teeth in a seated position.



Sexual Intimacy Guidelines following Shoulder Surgery

Do not engage in sexual activity until your surgeon approves it!

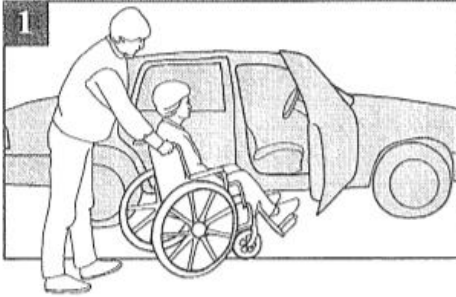
It is recommended that following shoulder surgery, patients should resume sexual relations in a slow manner. Adopting a passive role with sexual activity is ideal. Patients should continue to maintain their shoulder precautions, such as avoiding pushing, pulling, or weight bearing in their affected arm once they are deemed safe to engage in sexual activity.

Adopting new positions that are different from pre-surgical practices may be best. A recommended position may include lying flat while your partner takes a more active top role or lying on your non-affected side with your partner behind or ahead of you. Another suggestion includes standing or sitting in a chair.

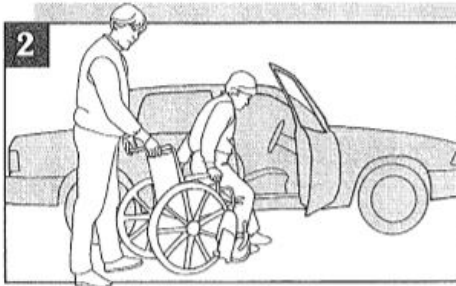
Be honest with your partner about comfort and refrain from making any quick movements. If for any reason, severe shoulder pain or discomforts arise, stop your activities and consult your surgeon. Remember, your surgeon will tell you when it is safe to resume sexual activity after surgery.



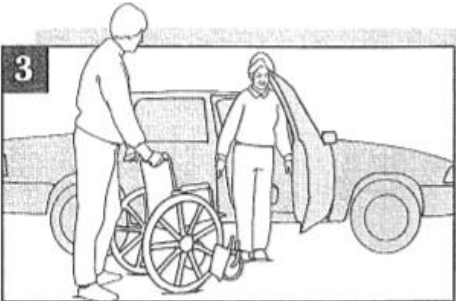
Getting in and out of the Car



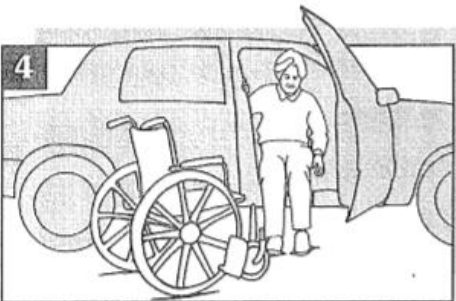
1. Once you have been discharged, the nursing staff will bring you downstairs to the lobby in a wheelchair while your family retrieves the car. The nurse will wheel you to the passenger seat.



2. Stand up from the wheelchair and back up towards the passenger seat of the car.



3. Once you are positioned with your back facing the passenger seat, reach behind for the seat, overhead handle or dashboard with the non-affected arm and slowly sit down.



4. Once seated, scoot back in the seat and slowly start turning to bring your legs into the car.



5. Lift the left leg and then the right leg into the car being careful to avoid hitting the dashboard or center console with the surgical shoulder. If compact car is too small, use the backseat instead for increased room for sling.



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Notes: