

# Physiotherapy and Shoulder Surgery

DAY OF or FIRST DAY AFTER Surgery	Next Day / Discharge Day
<ul style="list-style-type: none"> <li>• Begin ambulation <b>with staff</b> on day of surgery as able, progress to stairs as able (with Physiotherapy).</li> <li>• Begin Deep-Breathing + Coughing ex's</li> <li>• <b><u>Expect to NOT be allowed to move your shoulder of your operative arm.</u></b> You will be taught use/ fitting of your sling with Physiotherapist. (Sling type determined by the surgeon).</li> <li>• Your Physiotherapist will teach your exercises for Hand/ Wrist/ Elbow, and others <i>AS ORDERED BY THE SURGEON.</i> You will have an exercise sheet <b><u>with restrictions</u></b> provided to you.</li> </ul> <p><b>In certain cases, you <u>may</u> be ready to go home THE DAY OF or AFTER surgery!</b></p>	<ul style="list-style-type: none"> <li>• Sit up in chair for meals.</li> <li>• Continue Deep-Breathing + Coughing</li> <li>• Progress walking, review stairs</li> <li>• Exercise / restrictions review (with caregiver, if available).</li> <li>• Follow up physiotherapy arranged. Home care (if qualify), or Outpatient Physiotherapy → MOST COMMON</li> </ul> <p><b>You're ready to go home!!</b></p> <p>Arrange to have a friend/family member stay with you on discharge.</p>

*Expected Day of Discharge is re-assessed by the Team on a daily basis.*

## **BEFORE SURGERY:**

Set up home/ items for easy reach/use with OTHER NON-OPERATED ARM.

**Please have railings installed on stairs inside and outside (best on BOTH sides)**

An ice pack (soft) to keep in the freezer to use daily as instructed.

**PLEASE CONTACT AN OUTPATIENT PHYSIOTHERAPY CLINIC FOR OPTIONS NEAR YOU!**

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



[sjhc.london.on.ca](http://sjhc.london.on.ca)