

# Total Shoulder Education

## Activity and Exercises After Total Shoulder Replacement

### Activity limits

- Do not put weight on through your surgery arm. Do not lean on it.
- Do not lift your arm up, to the side, or behind you.
- Wear your sling all the time, including while you sleep.
  - You can take your sling off for bathing, getting shirts on, and doing your exercises.
  - Instructions for using your sling are on the last page.

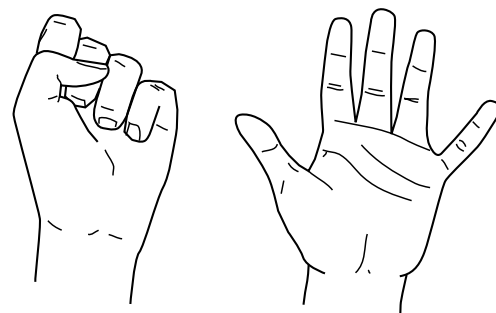
### Exercises after total shoulder replacement

Start these exercises after surgery when your arm is no longer numb. This will often be the day after surgery. Do all **marked** exercises 2 to 3 times a day. Repeat each exercise 10 times.

- **Remove your sling before exercising.** Hold your surgery arm with your other hand and have your caregiver remove the sling.
- Be sure to put the sling back on after you complete the exercises.

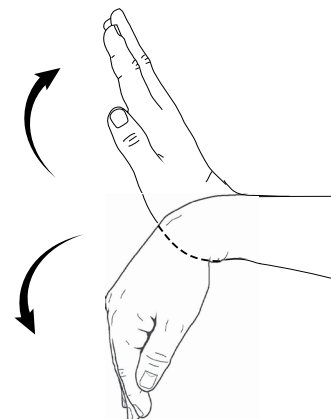
#### ☐ Active finger movement

1. Sit in a chair with your lower arm on your surgery side resting on your thigh for support.
2. With your palm facing up, make a fist.
3. Straighten all your fingers and then repeat.



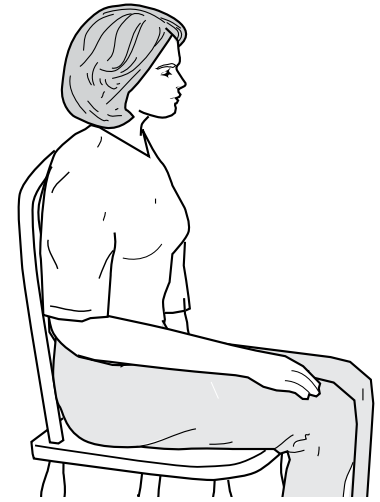
#### ☐ Active wrist movement

1. Sit in a chair with your surgery arm resting on your thigh for support. Let your hand rest over the edge of your knee.
2. Bring your hand up toward the ceiling, so your fingers point up.
3. Then bend your hand down, so your fingers point to the floor. Repeat.



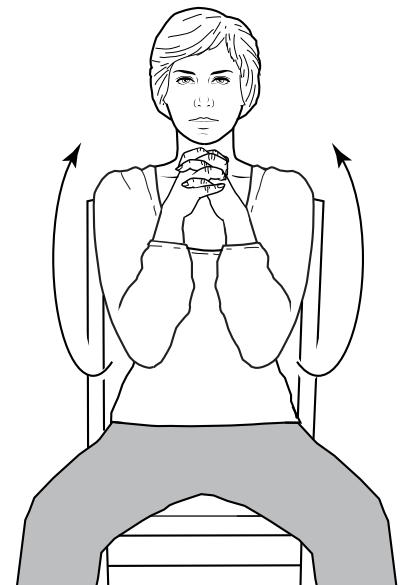
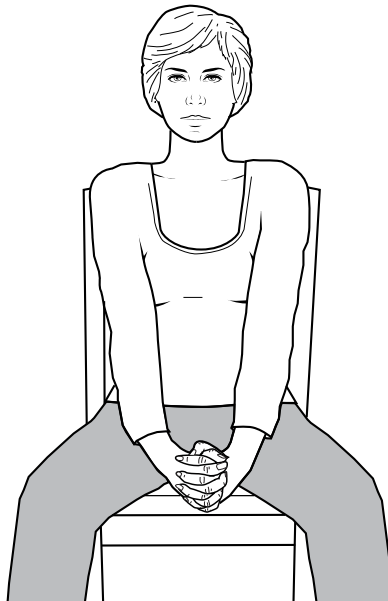
### ❑ Active forearm movement: Palm up and palm down

1. Sit in a chair with your lower arm on the surgery side resting on your thigh, palm facing up. Keep your elbow tucked in at your side while doing this exercise.
2. Turn your hand, so your palm faces down.
3. Turn your hand back to the starting position and repeat.



### ❑ Active assisted elbow range of motion

1. Sit in a chair with your hands clasped. Use your good arm to bend the elbow of your surgery arm, bringing your hands to your chest.
2. Pause and then take your arms back down to the starting position.

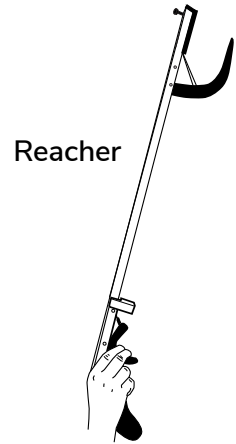


## Doing daily activities with one hand after shoulder surgery

These hints can help you with your daily activities after shoulder surgery.

### Personal Care

- Use a long-handled reacher instead of reaching for things yourself, such as picking things up off of the floor or opening higher cupboard doors.
- Use a shampoo bottle with a pump.
- Use liquid soap with a pump instead of bar soap. You can also use an automatic soap dispenser at sinks.
- Use a long-handled sponge with a handle that bends to reach your back and opposite side. Wrap the sponge head with a towel after bathing to help you reach the same areas to dry.
- Use a pop-top toothpaste instead of a screw-on cap. Rest the toothbrush on a counter to put on the toothpaste.
- Put on deodorant by leaning forward and let your surgery arm dangle or swing away from your body. Spray deodorant may be easier for you to use.
- Use a goose neck clamp to hold the hair dryer while you use your one hand to comb.
- Use claw hair clips to hold hair back instead of rubber bands.



### In the Bathroom

- Use a raised toilet seat or a grab bar on the non-surgery side to help you sit and stand.
- To help with wiping, try a long-handled reacher to reach. You may also purchase a bathroom aid.
- You may find it helpful to use a long-handled sponge or bath brush.
- A portable shower hose may be helpful.



### In the Kitchen

There are things made for one-handed use in the kitchen, like special cutting boards, can openers, and pan holders. Here are some more ideas to help make cooking easier.

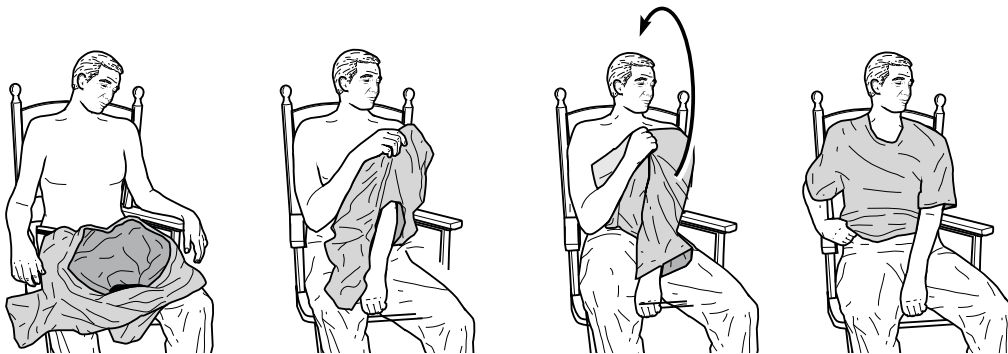
- To open jars, use a piece of waffle-weave shelf liner to help grip the jar on the counter or between your knees.
- Put the bread or bun inside a container or against the side of a deep pan to keep it still while you put any spread on it.
- Only put lightweight items above eye level in cabinets. Keep heavier items on the counter so that you can slide them from place to place.
- Store items in easy-to-open containers.
- Store liquids in small containers instead of half gallon or gallon containers.

## Dressing

Wear 1 or 2 sizes larger than you normally would or wear clothes that are very stretchy to make dressing easier.

### Putting on a T-shirt or Knit Shirt

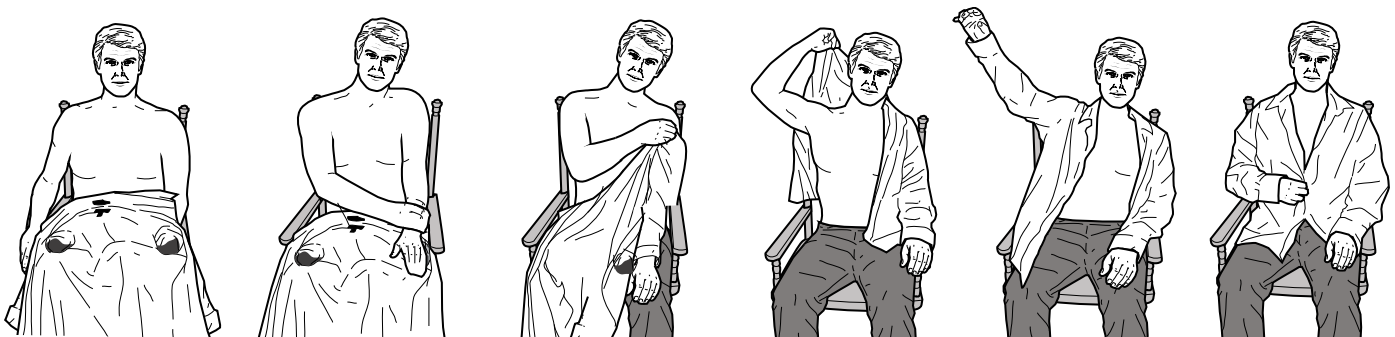
1. Lay the shirt on your lap.
2. Put your surgery arm in first and use your non-surgery arm to pull the sleeve up to your shoulder.
3. Use your non-surgery arm to pull the shirt up over your head.
4. Put the non-surgery arm in the opposite sleeve and use your hand on the non-surgery arm to pull the shirt down.



### Putting on a Button or Zip Up Shirt

1. Lay the shirt on your lap.
2. Put your surgery arm in first and use your non-surgery arm to pull the sleeve over your shoulder.
3. Bring the collar around the back of your neck and put your non-surgery arm into the second sleeve.
4. You will need help to button (or use a button hook) or zip your shirt.

You can also try to button or zip the shirt before you put it on. Then, you put it on like a T-shirt.



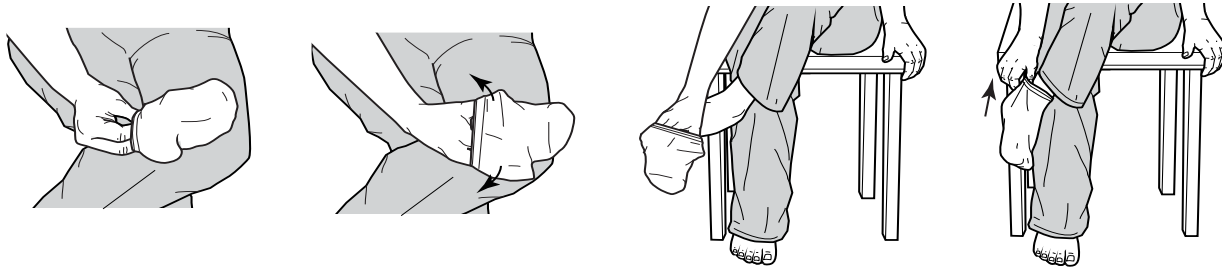
### Taking Your Shirt Off

1. Unbutton any buttons (or unzip) and lean forward.
2. Reach up with your non-surgery arm to gather up the shirt at the back of your neck.
3. Duck your head and pull the shirt forward over your head.
4. Remove your non-surgical arm first, then pull the shirt down your surgical arm.



### Putting on Socks

1. Cross your leg to rest your ankle on the opposite knee or prop your foot up on a stool if you are able to lean forward.
2. Put your non-surgery hand inside the sock, just over your fingers.
3. Slide your toes into the sock opening the sock by spreading your fingers.
4. Pull the sock up to your ankle.



### Shoes

- Use shoes that slip on or have Velcro straps. Avoid shoes that are too loose or flip flops that may cause you to slip or trip.
- Replace any standard shoelaces with elastic laces.
- A long handled shoehorn may be helpful.



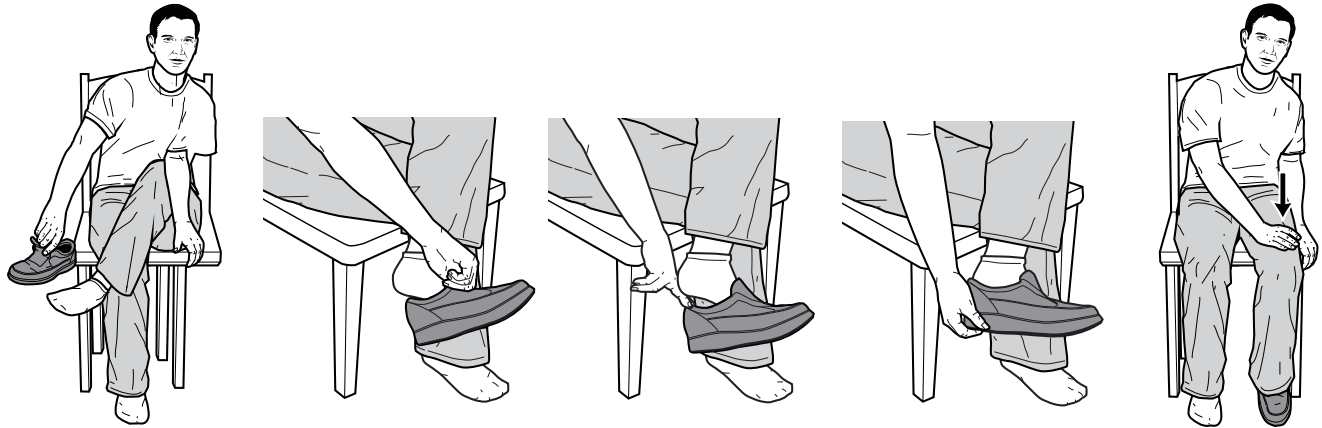
Velcro Shoe



Long Handle  
Shoehorn

## Putting on Shoes

1. Bring your foot up.
2. Hold the shoe by the shoe tongue. Slide the shoe as far onto your foot as you can.
3. Place your fingers inside the heel of the shoe or place your hand on the heel of the shoe.
4. Slide the shoe further onto your foot.
5. Put your foot on the floor and push on your knee to help push your foot all the way into the shoe.



## Other

- When reading, use 1 or 2 pillows on your lap to keep the book near eye-level.
- Use rubber bands around each ½ of the book to keep pages open. As you read, slide the next page under the rubber band.
- Use a clipboard to keep paper still while you are writing.
- Try to buy cans with pop-top lids or use a one-handed or electric can-opener.

## Sleeping

- Wear your sling at all times while you sleep.
- Sleep on your back with your head raised up. You can place blankets or pillows under your head to raise it.
- Keep your arms in a neutral or forward lying position while you are lying down. You can put a pillow under your arm for comfort.

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This resource is for informational purposes only. Talk to your healthcare provider if you have any questions about your care. For more education, contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).

**DONJOY®**

# DonJoy® UltraSling® PRO

## Patient Application Instructions

BEFORE USING THE DEVICE, PLEASE READ THE INSTRUCTIONS FOR USE COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.

### INTENDED USER PROFILE:

The user should be able to: Read and understand the directions, warnings, and cautions.

### BRACE REMOVAL:

- Detach quick release buckles on waist strap (i) and front of sling (iii), remove forearm strap (ii) and thumb strap (iv). (Fig A) Gently remove shoulder immobilizer.



### RE-APPLICATION:

For ease of application, place the brace on a couch or bed with the shoulder strap/ring and waist strap fully extended and away from the brace. The wider, open end of the shoulder ring should be facing up. Make sure the sling is positioned so you can place the affected arm/shoulder into the arm sling envelope easily when seated on bed/couch. (Fig B)

#### Step 1. Apply Arm Sling

Place forearm into arm sling envelope as far back as possible. Secure thumb strap (iv) between thumb and forefinger at front of sling. Secure forearm strap to sling and cushion (ii-Fig. C)

#### Step 2. Apply Shoulder Ring

Using your unaffected arm, reach back and place your unaffected arm through the shoulder ring. Make sure the hook and loop closure of shoulder ring is facing up and away from body. (Fig. D) Secure the shoulder strap buckles at front of arm sling. (Fig. E)

#### Step 3. Apply Waist Belt

While still seated, make sure cushion on injured side is at waist/hip level and elbow is fixed at 90°. Narrow end of cushion should be positioned to back of forearm/elbow. Bring waist belt around back and attach to quick-release buckle (i) (Fig. F1) at front of cushion. Adjust waist belt as necessary for proper fit. (Fig.F2)

**NOTE:** The Swivel D-Ring Strap Tabs on the front and back of Shoulder Ring should be positioned high enough on the ring (approx. 1" - 2" from top of shoulder) to maintain arm in proper position and for ideal comfort during wear. See G1 (front), G2 (back) (Fig. G)

**CONTRAINDICATIONS:** None.

**WARNINGS AND CAUTIONS:**

If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult your medical professional immediately.

### CLEANING & STORAGE INSTRUCTIONS:

Hand wash in water (86°F/30°C), using mild soap. Air dry.

**NOTE:** If not rinsed thoroughly, residual soap may cause irritation and deteriorate material.

Do NOT iron. Do NOT tumble dry. Do NOT bleach.

### MATERIAL CONTENTS:

Nylon, Polypropylene, Polyurethane Foam, Cotton, Laminate Foam/Tricot, Polyacetal, Polyester, Acetal.



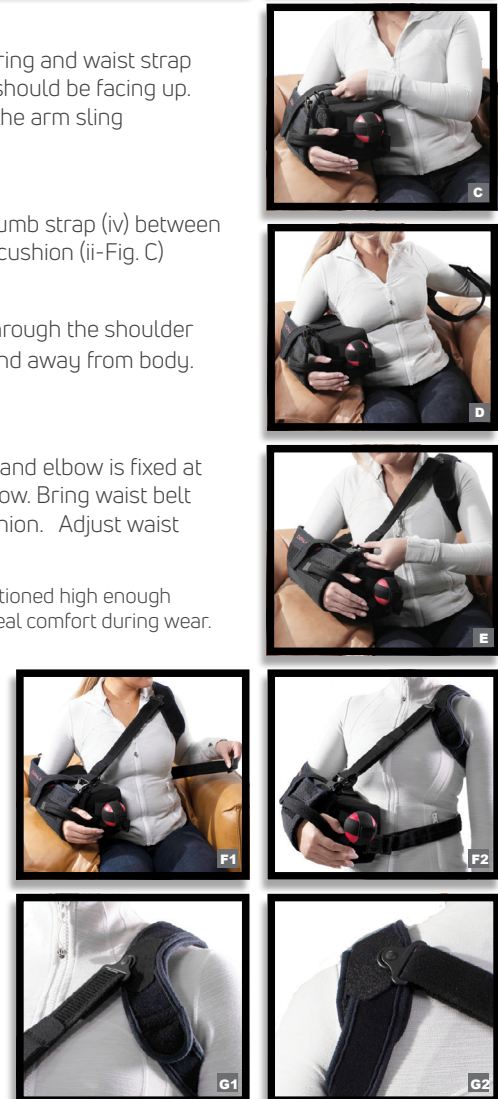
### WARRANTY:

DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale. To the extent the terms of this warranty are inconsistent with local regulations, the provisions of such local regulations will apply.

**INTENDED FOR SINGLE PATIENT USE.**

**NOT MADE WITH NATURAL RUBBER LATEX**

Individual results may vary. Neither DJO, LLC nor any of its subsidiaries dispense medical advice. The contents of this document do not constitute medical, legal, or any other type of professional advice. Rather, please consult your healthcare professional for information on the courses of treatment, if any, which may be appropriate for you.



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