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## **Post Operative Total Shoulder Arthroplasty - SLING - I KNOW THAT YOU HATE IT, BUT IT IS NECESSARY**

You have undergone a Total Shoulder Replacement. The purpose of this form is to emphasize what was discussed during your pre-operative visits.

I realize that the sling you are wearing is very uncomfortable and can make it very difficult to sleep. However, it is a “necessary evil” in order to give you the best chance of having a successful outcome.

During your surgery the subscapularis (rotator cuff in front of your shoulder) was taken off your humerus with a small piece of bone in order to “open” the shoulder and allow me to perform the procedure. At the conclusion of the procedure I repaired this back to your shoulder with a very strong repair. However, regardless of how strong the sutures and repair are at the time of the repair, they cannot overcome the power of your shoulder’s weight and movement if it is stressed too soon.

Therefore, it is very important to remain in the sling and only perform the simple passive therapy activities prescribed by the physical therapy protocol. Your therapist will keep you within these limits. You may feel “great” with less pain that before surgery, but this 6 week healing period is still **CRITICAL!**

SLEEP can be difficult during this time period. Most people find it most comfortable to sleep in a recliner or simply propped up in bed with lots of pillows to support their arm and body. **You should wear your sling while sleeping.**

Hang in there during this 6 weeks. It will be tough, but it will also be worth it when you are fully recovered.

See you in 6 weeks.

*Dr. Jones*