



# HOW TO STRENGTHEN YOUR SHOULDERS

## AFTER TOTAL SHOULDER REPLACEMENT

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# How To Strengthen Your Shoulders After Total Shoulder Replacement



## How Will Physical Therapy Help After Total Shoulder Replacement?

In order to ensure the best results following your procedure, it would be in your best interest to partake in both pre-surgical physical therapy treatments and post-surgical physical therapy treatments.

The better your physical condition is before undergoing your procedure, the easier your recovery will be. When you participate in physical therapy treatments before surgery, your physical therapist will guide you through strengthening exercises to improve your shoulder and upper-back movement. This will help in keeping your shoulder function as strong as possible before your surgery, and it will make both the procedure and the recovery period much smoother.

It is no secret that physical therapy treatments will be needed after your surgery, as well. While pre-surgical treatments will undoubtedly help in making the process easier, you will still be in need of some guidance as you recover. You will be provided with information on any precautions you should take as your shoulder heals, such as wearing a sling or brace, or limiting certain activities. You will likely be in the hospital for a few days after your surgery, and will likely have to wear a sling for the next 2-6 weeks as your shoulder heals.

It is important not to try and move your shoulder on your own, until your physical therapist says you are ready. Rehabilitation treatments will begin a day or two after your procedure, most likely while you are still in the hospital. Treatments will begin by helping you through simple tasks, such as brushing your teeth, getting dressed, getting in and out of bed, and safely removing/putting on your sling. You will also be taught helpful tips to reduce pain and swelling on your own, such as how to properly elevate your arm or where to apply ice packs.

Once you are discharged, it is crucial to keep up with your physical therapy treatments. They will become more intensive until the function in your shoulder is fully regained. You will be guided through a series of exercises, all aimed at relieving pain, promoting healing, achieving function, and preventing any further damage from occurring. ***These include, but are not limited to:***

- Strengthening exercises.
- Range-of-motion exercises.
- Functional training.
- Job/sport-specific training.

Total shoulder replacement (medically referred to as total shoulder arthroplasty, or TSA) is a surgical procedure that is done to replace part or all of the shoulder joint. It is a common procedure that many people undergo, especially those suffering from arthritic pain in the shoulder joint. In fact, according to the Agency for Healthcare Research and Quality, approximately 53,000 Americans undergo total shoulder replacement each year.

Your shoulders are your most movable and flexible joints. They are an incredibly complex part of your body, consisting of several tendons, muscles, and bones. Your shoulders also provide you with a wide range of mobility, allowing you to perform physical tasks throughout the day.

After total shoulder replacement, it can be difficult to perform daily activities in the ways your shoulders are meant to. Fortunately, physical therapy can help strengthen your shoulders after surgery so you can get back to your daily life as quickly as possible. If you have recently had a total shoulder replacement procedure, or you have one planned in the near future, contact Therapy West Physical Therapy today to find out more about how we can help you achieve relief and recovery.

**Book An Appointment Today!**

# What Else Can I Do To Strengthen My Shoulders?

Once you get your shoulders moving again, there are some exercises you can do on your own to make sure they stay strong. **Follow the exercises below to maintain and continue to build your shoulder strength:**

1. Position yourself in front of a wall. Begin by lightly pushing your forearms into the wall, while also sliding your arms up. Make sure to keep your back flat. Raise your arms as high as you can without feeling pain, while keeping your shoulders down. Do the same when bringing your arms back down. This trains your body to strengthen your shoulders and raise your arms without substituting the neck muscles.
2. Simple shoulder and neck rolls are good starting points for getting your joints moving and muscles relaxed, which can both help to reduce pain.



## Get Your Shoulders Moving Once Again!

If you have recently received total shoulder replacement correction, or you are in need of it in the future, contact us today. At Therapy West Physical Therapy, our physical therapists are highly trained to help improve the flexibility and range of motion in your shoulder, in addition to relieving your pain and discomfort.

This will be done through an individualized treatment plan designed specifically for you, and may include any combination of treatment methods as your physical therapist deems fit. Your physical therapist will also prescribe targeted exercises and stretches to help regain your optimal shoulder function. **Don't suffer through a lengthy recovery period – contact Therapy West Physical Therapy today for relief!**



## New Year, New Goals!

### Start 2022 Off Strong With Physical Therapy!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2022, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Therapy West Physical Therapy & Sports Medicine help you on your journey to becoming strong, healthy, and active in 2022.

## Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

**Gunnison**  
435.528.7575

**Ephraim**  
435.283.6334

**Mount Pleasant**  
435.462.0178

**Richfield**  
435.896.4282

**Bicknell**  
435.425.3719



# 5 Health Tips For The New Year

**Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

**Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

**Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

**Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

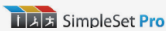
**Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



**Clinic News:** Here is the Therapy West staff enjoying our Annual Christmas Party!

Visit [therapywestpt.com/health-blog](http://therapywestpt.com/health-blog) to learn more tips & tricks on how you can improve your health!

## Exercise of the Month Chin Tuck Supine



While lying down on your back with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



## Redeem Your Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer! Spots are limited so call today to schedule your free consultation!

Offer Expires: 2/28/22