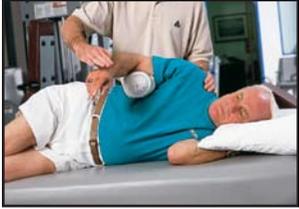


Exercise, continued



Side-Lying External Rotation

While lying on non-surgical side with a rolled towel under elbow of surgical arm, gently lift surgical arm to a level position, parallel to the table, and then back down to the table.



Side-Lying Internal Rotation

While lying on non-surgical side with a rolled towel under elbow of surgical arm, gently bring surgical arm down to table, and then back to parallel with the table.

Caring for Your New Shoulder Implant

- Follow the activity guidelines established by your surgeon.
- Continue the prescribed exercises during your entire recovery period, and talk to your doctor about developing an exercise program after you fully recover. Golfing, swimming, walking, and bicycling are excellent sources of low-impact exercise if your surgeon feels that these activities are appropriate for your individual condition.
- Follow your surgeon's check-up plan.

Biomet is a manufacturer of orthopedic implants and does not practice medicine. This brochure was prepared in conjunction with a licensed physician and is presented as general information only. Only an orthopedic surgeon can determine what treatment is appropriate. Individual results of total joint replacement may vary. The life of any joint replacement surgery will depend on your weight, age, activity level, and other factors. For more information on risks, warnings, and possible adverse effects, see the Patient Risk Information section found within Biomet.com. Always ask your doctor if you have any questions regarding your particular condition or treatment options.



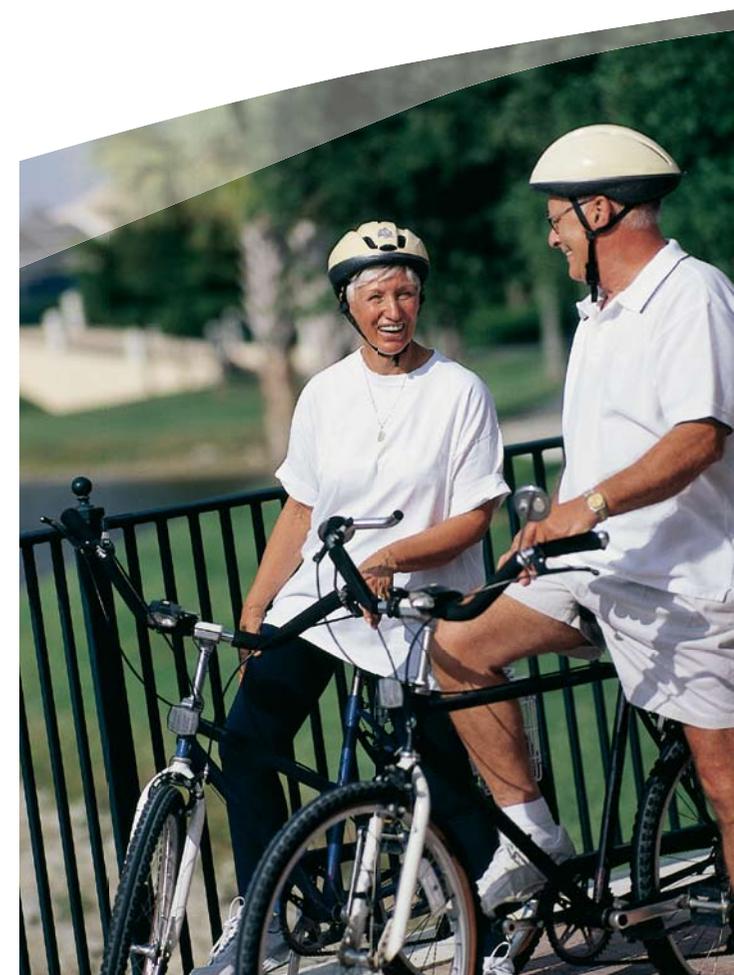
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Y-HCI-020/013106/K

your guide to life after

Total Shoulder

replacement surgery



your guide to life after **Total Shoulder** replacement surgery

To promote a healthy recovery, this brochure will assist you in developing an at-home care plan that meets your individual needs.

While this brochure can be used as a guide, it is important that you follow your surgeon's prescribed recovery program.

Your care is very important to us, and we want you to have a successful and complete recovery.



Incision Care Checklist

- Keep incision clean and dry until staples or sutures are removed.
- Follow your surgeon's instructions on bathing and showering.
- If incision gets wet, pat dry with a soft, clean cloth.
- Apply ice to incision as instructed.
- Report to your surgeon increased swelling, drainage, or changes in incision that worsen during the recovery process.

Medications and Diet

- Take all medications as directed.
- Be aware of the side effects of narcotics (pain medications).
- Report any side effects to your surgeon.
- Consult your surgeon before taking any medications not prescribed by your surgeon.
- Maintain a healthy diet.
- Drink plenty of fluids.

When to Call the Physician

- Any time you have questions regarding your condition, care, and activity level.
- Changes with incision, increase in swelling, redness, or drainage that worsen during your recovery.
- Persistent pain not relieved by pain medication.
- Side effects from medication.
- Persistent swelling not relieved with ice or rest.

Exercise

The following are **examples** of exercises your surgeon **may** choose for you. Do not attempt exercises not recommended by your surgeon.



Internal Rotation/External Rotation

In a seated position with elbow resting on a table, gently rotate arm from a straight-up position toward the floor and then return. Keep elbow on table.



Rubber Band Pull

In a seated position, grasp the rubber band with palms facing up and elbows at side. Pull the rubber band toward you with your surgical arm while keeping your other arm stationary.

Isometric Ball Squeeze

Keep elbows at side. Gently squeeze the ball with both hands, hold, and then relax.



Supine Passive

While lying on your back with surgical arm relaxed at your side, gently lift surgical arm with non-surgical arm above your head (as shown). Return to starting position and relax.

Seated Passive

Sit in a sturdy chair. Gently lift surgical arm 90 degrees then return.