



UNDERSTANDING YOUR SURGERY

Anatomic Total Shoulder Replacement

Overview

This replaces both the ball and the socket of an arthritic shoulder with implants that closely match your natural anatomy. When the rotator cuff is still healthy, it provides excellent pain relief while restoring smooth movement and strength.

About Your Procedure

Why this surgery is recommended

- Shoulder osteoarthritis (wear and tear) with an intact rotator cuff
- Pain and stiffness limiting daily life despite non-surgical treatment
- Restoring comfortable, functional shoulder movement

What happens during surgery

- An incision at the front of the shoulder
- Arthritic surfaces replaced with metal and plastic implants
- The subscapularis tendon is moved then carefully reattached
- General anaesthetic; usually one night in hospital

After Your Surgery

- Arm in a sling for **4–6 weeks**
- No turning the arm outward (external rotation) for **6 weeks**
- Physiotherapy starts within **1–2 weeks**
- No pushing up from a chair with the operated arm for 3 months
- No driving for **6 weeks** after surgery

Important precautions:

- Do not rotate the arm outward (external rotation) for 6 weeks — this protects the repaired tendon
- Do not push up from a chair or bed with the operated arm
- Avoid repetitive heavy overhead lifting long-term
- Report any sudden increase in pain or loss of movement

Your Recovery at a Glance

WEEKS 1–6

Sling. Assisted movement.
Tendon protected

WEEKS 6–12

Active movement. Cuff and
deltoid strengthening

MONTHS 3–6

Progressive strengthening.
Light daily tasks

MONTHS 9–12

Return to recreational sport
and full activities

QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

MY NOTES
