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Shoulder Replacement (Anatomic and Reverse)

Surgery:

1 – 2 hours

Most patients go home the same day,
occasionally patients will stay 1 night

Anesthesia may offer a nerve block for
pain control

Goals:

Replace the shoulder with metal and
plastic to remove arthritis

Decrease pain/Improve Function

General Timeline After Surgery

Physical Therapy is NOT required after surgery

We will teach you home exercises to work on and safe movements at your post-operative appointments.

0-2 weeks Post-Op –

Wear sling at all times (except showering). No shoulder range of motion. Ok to use hand cautiously in front of body, but must stay in the sling. Ok for wrist, hand, elbow motion.

2-6 weeks Post-Op –

Wear sling at all times except for showering or working on home exercises. You will be taught exercises at your first post-op appointment. Avoid any external rotation of the shoulder. Exercises will be performed 3x per day, 10 repetitions each time.

6-12 weeks Post-Op –

Wear the sling for comfort only. It does not need to be worn if you are comfortable without it. We will teach you new exercises in the office.

3+ months Post-Op –

No sling. Continue working on motion exercises as needed. We can begin physical therapy at this point if you would like to, but it is not typically needed.
No lifting greater than 30 pounds repetitively (this is a life-long restriction)

Typical post-op appointments at 2 weeks, 6 weeks, 3 months, and 1 year post-surgery

Dr. Todd's Contact Information

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