

Things To Do Before Total Shoulder Replacement Surgery

■ Surgery Date & Time (___/___/____) ___:___ AM/PM



■ Pre-Admission Class Date (___/___/____)

■ Arrange Location for Physiotherapy After Surgery

Clinic Name:



■ Arrange Home Care services or help at home (family/friends)

If unable: Set up the house to optimize independence and safety (ie. railings and grab bars)



■ Arrange Transportation Plans

Disclaimer: you will be unable to drive for 6 weeks.



■ Plan Alternative Sleeping Positions and Clothing Options



■ Practice Everyday Activities with Non-Surgical Arm

For example: pump action dispensers will help with one handed use



■ Prepare Meals, or Plan For Someone Else to Cook



■ Ensure You Have an Ice Pack For Pain Management

