

Shoulder Replacement Surgery



0-2
weeks



Healing

After surgery, your body needs time to heal and recover. For the first 6 weeks, wearing a sling will help protect your shoulder.

2-6
weeks



Keep Moving!

Discuss suitable fitness activities with your physiotherapist that can be incorporated throughout your entire recovery, such as walking.

6-8
weeks



Everyday Use

Begin using your surgical arm for **light** everyday activities, such as holding a cup.

8-12
weeks



Get Stronger!

Your physiotherapist will teach you what exercises to do for your shoulder, elbow, wrist, and hand.

12+
weeks



Get To Your Goal!

A home exercise program will help you get back to your daily activities, work and/or hobbies.