



EVERYTHING YOU NEED TO KNOW ABOUT YOUR SURGERY AT ADENA

TOTAL SHOULDER REPLACEMENT



Bone and
Joint Center

Here. For Life.

YOUR PARTNER IN HIGH-QUALITY CARE

WE ARE DELIGHTED THAT YOU HAVE CHOSEN ADENA MEDICAL CENTER FOR YOUR TOTAL SHOULDER REPLACEMENT. WE ARE COMMITTED TO PROVIDING BEST-IN-NATION, HIGH QUALITY, PATIENT-CENTERED ORTHOPAEDIC CARE.

OUR MISSION: TO HEAL, TO EDUCATE, TO CARE

OUR VISION: TO BE THE BEST HEALTHCARE SYSTEM IN THE NATION

OUR VALUES: INTEGRITY, COMMUNICATION, TEAMWORK, INNOVATION



WHY CHOOSE ADENA FOR YOUR SHOULDER REPLACEMENT?

OUR DEDICATED PROFESSIONALS ARE PASSIONATE ABOUT HELPING PATIENTS REGAIN THEIR MOBILITY SO THEY CAN ENJOY LIFE.

Our medical team includes physical and occupational therapists, nurses, technicians, board-certified neurologists, physiatrists, sports medicine physicians, orthopaedic surgeons, ortho-spine surgeons and neuro-spine surgeons. You've been living with debilitating pain, and we want to help you get back to enjoying a full and active life.

ADENA HAS THE BEST JOINT REPLACEMENT SURGEONS

Our orthopaedic surgeons and neuro-spine and ortho-spine surgeons have trained at some of the best programs in the country. They're at the top of their field and represent the largest group of fellowship-trained physicians in the region. This is why Adena is able to provide our patients with the most advanced care available, from diagnosis through discharge and beyond.

YOU GET YOUR OWN PATIENT NAVIGATOR

An important part of the joint replacement team is the patient navigator. After you and your orthopaedic surgeon decide that surgery is the best option, you will be assigned a patient navigator. This is the person who will help you schedule your appointments before and after surgery, arrange pre-admission testing and work to make sure that all your needs are met.

“MY FELLOWSHIP TRAINING HELPS GIVE ME THE DEEPER INSIGHT I NEED TO PROVIDE THE BEST POSSIBLE CARE.”

- DR. BRIAN COHEN - ORTHOPAEDIC SURGEON



DR. BRIAN COHEN - ORTHOPAEDIC SURGEON

YOUR HOSPITAL STAY

ALONG WITH STATE-OF-THE-ART MEDICAL CARE, WE GO OUT OF OUR WAY TO MAKE SURE YOU HAVE A COMFORTABLE AND CONVENIENT VISIT WITH US AND THAT YOUR FAMILY AND FRIENDS HAVE A PLEASANT EXPERIENCE WHILE VISITING YOU.

PARKING AND VALET SERVICES

Adena offers free valet parking at four locations on the main campus:

- Main (North) entrance
- Emergency Department entrance (West)
- The Medical Office Building (MOB)
- The Pavilion

VISITING HOURS

We encourage family and friends to visit with patients from noon to 8 p.m. daily. Our new patient rooms have ample space for visitors.

TV AND PHONE SERVICES

Each patient room has a local phone for your convenience and you may make outgoing calls at any time. You may also receive phone calls daily from 10 a.m. to 9 p.m. You will be charged a fee for long distance calls.

PAY PHONES

There are pay phones in the Emergency Department waiting room, outside the third floor Wound Care Unit and near the Same-Day Surgery Unit on the second floor.

MOBILE PHONES

Because mobile phones and similar devices can interfere with medical equipment, we require you and your visitors to restrict mobile phone use to specially marked, "safe zone" areas.

COFFEE SHOP

The Joy of Java Coffee Shop serves a variety of coffees and treats. It is located near the Emergency Department, at the West Entrance of the hospital, and is open Monday through Friday from 6 a.m. to 9 p.m., Saturday from 8 a.m. to 9 p.m. and Sunday from noon to 9 p.m.

SUGARLOAF GIFT SHOP

The Sugarloaf Gift Shop is located on the first floor of the hospital. It has a variety of flowers, cards, candy and other gift items. The gift shop is open Monday through Friday from 8 a.m. to 7:45 p.m. and Saturday and Sunday from noon to 7:45 p.m.



THE ADENA MEDICAL CENTER CAFETERIA

The hospital cafeteria offers a wide variety of nutritious foods and beverages. It is open every day between 6:30 a.m. and 6:30 p.m. – except from 10 a.m. to 11 a.m. and 3 p.m. to 4 p.m. for daily cleaning.

SMOKING

Adena Health Center is a smoke-free campus for the health and comfort of all our patients and guests. Smoking is not permitted anywhere inside or on the property of any Adena Health System facility, including parking lots.

VENDING MACHINES

Vending machines are accessible 24 hours a day in the Emergency Department waiting room, the Maternity waiting room, and in the cafeteria seating area. Additional vending machines are located near the elevator on the 2nd and 3rd floors.

ATM MACHINES

A Homeland Credit Union ATM is located in the North Entrance Lobby. A Huntington National Bank ATM is available in the Emergency Department waiting area.

PATIENT MAIL SERVICES

We deliver mail to patient rooms every day. Once you are discharged from the hospital, we will forward any mail to your home. Each hospital unit also has an outgoing mailbox. The Sugarloaf Gift Shop sells single stamps and books of stamps for your convenience.

INTERPRETERS

We offer foreign language interpreting services for patients and caregivers whose primary language is not English. We also offer sign language interpreting services for the hearing impaired. Please let us know when scheduling your surgery if you will need an interpreter during your visit. These services are offered free of charge.

CHAPEL HOURS AND CHAPLAIN SERVICES

Our nondenominational hospital chapel is open 24 hours a day, 7 days a week, for prayer and reflection. A hospital chaplain is available from 8 a.m. to 4:30 p.m., Monday through Friday. We also have an on-call chaplain available 24 hours a day. If you would like to speak with the chaplain, you may ask any member of the staff or dial extension 27529.

WIRELESS INTERNET ACCESS

Adena provides free wireless Internet access for patients and guests/visitors throughout the hospital.

INPATIENT ROOMS

Our inpatient rooms are located on the third floor of the newly constructed Northeast Wing. These rooms were designed with the patient, friends and visitors in mind.

The rooms are private and have a pull-out sofa, chairs and a private bathroom. The dedicated Total Joint floor - 3 Northeast offers specialized nursing care for orthopaedic patients.

OUR LOCATIONS

WE HAVE MANY LOCATIONS IN SOUTH-CENTRAL OHIO THAT MAKE IT EASY TO GET THE CARE YOU NEED. EACH LOCATION OFFERS SKILLED PROFESSIONALS AND MANY STATE-OF-THE-ART SERVICES. OUR GOAL IS TO HELP PATIENTS GET BACK TO ENJOYING LIFE AS SOON AS THEY CAN. HERE IS A LISTING OF ALL OF THE SERVICES WE OFFER TO THE RESIDENTS OF SOUTH CENTRAL OHIO.

ADENA MEDICAL CENTER

272 HOSPITAL ROAD
CHILLICOTHE, OHIO 45601
(740) 779-7500

Located in Chillicothe, the Adena Medical Center is our main hospital, with 233 beds for adults and children. Our hospital offers emergency care, cancer care, cardiac (heart) care, intensive care, orthopaedic (bone) care, surgical care and general medical care. We also offer CT and MRI scans. Our medical team will work together to diagnose and treat your medical condition.

Adena Medical Center is also the location of our new and beautiful inpatient facility. The inpatient facility has a dedicated floor for total joint replacements and is filled with luxurious, spacious, private patient rooms. Each room has a TV and phone, along with a pull-out sofa bed for family members to sleep on and plenty of space for wheelchairs and walkers. When you enter the new inpatient facility, you will feel like you are walking into a beautiful hotel. Free valet parking is provided at this building.

ADENA HEALTH PAVILION

4437 STATE ROUTE 159
CHILLICOTHE, OHIO 45601
(740) 779-7500

The Adena Health Pavilion is on the main campus of the Adena Medical Center. This is where you receive CT and MRI scans, lab work and outpatient surgery. Our team of skilled professionals is ready to serve you at the Adena Health Pavilion. Valet parking is also available at this entrance.

ADENA MEDICAL OFFICE BUILDING

4439 STATE ROUTE 159
CHILLICOTHE, OHIO 45601
(740) 779-7500

The Adena Medical Office Building, next door to the Adena Medical Center, houses offices for many of our physicians. Free valet parking is provided at this building.



ADENA INPATIENT FACILITY

OUR LOCATIONS (CONTINUED)

ADENA REHABILITATION AND WELLNESS CENTER

445 SHAWNEE LANE
CHILLICOTHE, OHIO 45601
(740) 779-7661

The Adena Rehabilitation and Wellness Center helps patients recover from injuries and surgeries. With a full staff of physical and occupational therapists and state-of-the-art exercise equipment to help you recover faster, you can get back to living a full and active life more quickly.

ADENA HEALTH CENTER - JACKSON

1000 VETERANS DRIVE
JACKSON, OHIO 45640
(740) 395-8050

The Adena Health Center in Jackson began serving the community in November 2003. We provide blood tests, mammograms, MRIs, X-rays, heart testing and bone density testing. We also offer lung testing, speech, occupational and physical therapy and diabetes education. There are four family doctors and one pediatric doctor here. Specialists in Orthopaedics (bone), Obstetrics and Gynecology (women's health), Cardiology (heart), Neurology (the nervous system), Nephrology (kidneys) and General Surgery all come here to see patients. Our specialists come here to make it easy for you to get the care you need, close to home.

ADENA GREENFIELD MEDICAL CENTER

550 MIRABEAU STREET
GREENFIELD, OHIO 45123
(937) 981-9400

The Adena Greenfield Medical Center has been serving the community since 1918. At Greenfield, we offer 24-hour emergency care, employment physicals, pre-employment drug screening, inpatient rehabilitation and many other outpatient services. We care about all of our patients and want you to feel like you are family.

ADENA HEALTH CENTER AND URGENT CARE - WESTERN AVENUE

55 CENTENNIAL BLVD.
CHILLICOTHE, OHIO 45601
(740) 779-4000

The Adena Health Center on Western Avenue offers mammograms, X-rays, cardiac testing, an outpatient lab and lung function testing.

There is an adult urgent care at this location as well, which can help you with most minor medical concerns when they occur after hours, such as the flu, cuts and sprains. The Adena Urgent Care on Western Avenue is open from 10 a.m. until 8 p.m. every day and most holidays.



ADENA HEALTH CENTER AND ADULT URGENT CARE - WAVERLY

12340 STATE ROUTE 104
WAVERLY, OHIO 45690
(740) 941-5100

The Adena Health Center in Waverly offers mammograms, cardiac (heart) testing, an outpatient lab, speech, physical and occupational therapy, X-rays and a pediatrician. An on-staff dietician can help you learn how to have a healthy diet and control your weight.

The Adult Urgent Care in Waverly can help you with most minor medical concerns when they occur after hours, such as the flu, cuts and sprains. The facility is open from 10 a.m. until 8 p.m. every day and on most holidays.

ADENA HEALTH CENTER - WASHINGTON COURT HOUSE

308 HIGHLAND AVENUE, SUITE C
WASHINGTON C.H., OH 43160
1-855-232-9274

The Adena Health Center in Washington Court House offers patients convenient access to physicians and specialists who provide care through a wide range of services. We also provide x-rays and outpatient lab services.

ADENA HEALTH CENTER - CIRCLEVILLE

798 NORTH COURT STREET
CIRCLEVILLE, OHIO 43113
740-420-3000

The Adena Health Center in Circleville offers patients convenient access to physicians and specialists who provide care through a wide range of services. We also provide x-rays and outpatient lab services.

WITH YOU EVERY STEP OF THE WAY

YOUR TEAM OF NURSES, PHYSICIANS, PHYSICAL THERAPISTS, OCCUPATIONAL THERAPISTS, CASE WORKERS AND SOCIAL WORKERS HAS EXTENSIVE EXPERIENCE IN PAIN MANAGEMENT, PHYSICAL REHABILITATION PLANNING AND DISCHARGE PLANNING.

SURGEON

Performs the shoulder replacement procedure and directs your care throughout your hospital stay.

PATIENT NAVIGATOR

Assists you throughout the entire pre-surgical, surgical and post-surgical experience by offering individual and group education sessions, providing assistance during your hospital stay and planning for your discharge from the hospital.

ANESTHESIOLOGIST & CERTIFIED NURSE ANESTHETISTS

Oversees the administration of the medication you will receive during your surgical procedure. They will also closely monitor your condition while under anesthesia.

OPERATING ROOM (OR) TEAM

Consists of registered nurses and other surgical professionals who assist the surgeon and take care of you in the operating room.

POST-ANESTHESIA CARE UNIT (PACU)

Registered nurses and other technicians who will take care of you during your recovery. They will assist you with waking up from anesthesia, assess your pain level and administer pain medication as ordered by the surgeon or anesthesiologist.

3 NORTHEAST MEDICAL SURGICAL TEAM

The licensed nursing staff and numerous other technicians who provide specialized orthopaedic care after your surgery.

HOSPITALIST GROUP

The Hospitalist Group is committed to providing you with high quality hospital care. This group of board-certified internal medicine physicians is available 24 hours a day and 7 days a week if you have any medical needs arise when your surgeon is not on site.

CASE MANAGER

Assists you with discharge planning by calling your insurance company for equipment and/or facility planning as needed. They also work with your surgeon and navigator to ensure you are receiving the best care possible.

PHYSICAL/OCCUPATIONAL THERAPISTS

Beginning the day of or the day following your surgery, therapists will work with you to perform daily exercises geared toward increasing your strength and range of motion. You'll learn the correct way to walk and perform daily activities, as well as learn how to adapt to the temporary lifestyle changes that are required after joint replacement surgery.

SCHEDULED APPOINTMENTS

PRE-ADMISSION TESTING

Date: _____

Time: _____

SURGERY

Date: _____

(You will receive a phone call with surgery and arrival times 48 hours prior to the surgery.)

OTHER APPOINTMENTS

Date: _____

Time: _____

Location: _____

Speciality: _____

OTHER APPOINTMENTS

Date: _____

Time: _____

Location: _____

Speciality: _____

YOUR PATIENT CARE TEAM



BRIAN COHEN, MD

Education: Mount Sinai School of Medicine

Residency: Mount Sinai Medical Center, New York City

Fellowship: Fellow in sports medicine, Rush-Presbyterian-St. Luke's Medical Center, Chicago

Certifications: Board certified, American Board of Orthopaedic surgery



HANNAH BACHTEL, RN, PATIENT NAVIGATOR

Education: Associate Degree Nursing, University of Rio Grande



PAM COLMER, BSN, RN, CASE MANAGER

Education: Bachelor of Science in Nursing from Hocking College

SURGERY SCHEDULER

Name: _____

Contact: _____

IF AT ANY POINT DURING YOUR TREATMENT YOU HAVE QUESTIONS OR CONCERNS, FEEL FREE TO CONTACT YOUR PATIENT NAVIGATOR, HANNAH BACHTEL AT 740-779-8389.

MAKING A CONFIDENT DECISION

HERE YOU'LL FIND ALL THE INFORMATION YOU NEED TO UNDERSTAND YOUR TREATMENT OPTIONS AND MAKE AN EDUCATED DECISION ABOUT YOUR SURGERY.

We are pleased that you have chosen Adena Health System for your orthopaedic needs. We've brought together physicians who are leaders in their fields. With their expertise, we're helping people with bone and joint problems that couldn't be helped before. Our fellowship-trained physicians and orthopaedic surgeons offer a comprehensive range of services to help you decrease pain as soon as possible. Most patients consider shoulder replacement once they experience any of the following:

- Pain that is not controlled with medications.
- Activities that are restricted due to pain and joint stiffness.
- The shoulder joint is very stiff and does not move well.
- X-rays show advanced problems within the shoulder joint.

The choice is up to you. And we're committed to helping you make it confidently and comfortably.



IS SURGERY RIGHT FOR YOU?

IF MEDICATIONS HAVE NOT HELPED, IT MIGHT BE TIME TO CONSIDER A JOINT REPLACEMENT IN ONE OR BOTH SHOULDERS.

But as with any major elective surgery, it's important to consider both the benefits and the risks so you can make the choice that's right for you.

BENEFITS

- Increased arm strength due to being in less pain. Being in less pain and being able to move more will help strengthen your arm muscles. It will also make it easier for you to do the things you enjoy.
- A reduction in joint pain. After you have recovered from the shoulder replacement surgery you should have little to no pain in your shoulder. The pain from surgery will decrease gradually over a few weeks.
- Your quality of life will improve since you will be able to complete daily tasks and other activities with significantly less pain.
- Many years of easier movement.

RISKS

- A risk of reaction to the anesthesia, this is a rare occurrence.
- There is a small risk that nearby bones, nerves or blood vessels could be damaged in surgery.
- There is a 1% risk of infection after surgery. Patients can develop an infection in the new joint or wound days, weeks or years after surgery.
- There is a small chance of developing new pain after shoulder replacement surgery.
- There is a small chance of developing lung congestion or pneumonia.

YOUR ORTHOPAEDIC EVALUATION

YOUR FIRST APPOINTMENT WITH THE ORTHOPAEDIC SURGEON IS MOSTLY FOR GETTING TO KNOW EACH OTHER AND FOR THE SURGEON TO EVALUATE YOUR SHOULDER.

The orthopaedic surgeon will take x-rays of your shoulder so the surgeon can better see the condition of your joint. X-rays will show the surgeon had badly your shoulder is damaged. They'll also show bone deformity, spurs on the edges of bone, cysts in the bone and narrowing of the space between the bones in your shoulder joint spaces. Your orthopaedic surgeon may also order an MRI or a bone scan. All of these tests will help give them information about the condition of your bones and the ligaments, tendons and muscles around them.

AT THE EVALUATION, YOUR ORTHOPAEDIC SURGEON WILL:

- Talk with you about your medical history.
- Check the condition of your skin.
- Look for signs of swelling in your shoulder joint.
- Evaluate the strength, range of motion of your shoulders.
- Check your reflexes.

QUESTIONS TO ASK YOUR SURGEON

As the patient, you are the most important member of your surgical team. We want you to feel like you have all the information you need to feel comfortable. Following are some questions to consider asking your surgeon:

- Are there any other treatment options besides shoulder replacement?
- How much of my pain will go away after shoulder replacement surgery?
- What activities can I enjoy with my new shoulder?
- What are the risks of shoulder replacement surgery?
- How long will I be in the hospital after surgery?
- How soon can I get back to all of my normal activities?
- Will my insurance cover the surgery?
- How many replacements have you completed?
- What kind of help will I need at home after the surgery?
- How many weeks of physical therapy will I need?
- When can I begin driving began after surgery?
- What medicines will I have to take after surgery?

ADDITIONAL QUESTIONS FOR YOUR SURGEON

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CHOICES FOR TREATMENT

AFTER COMPLETING YOUR EVALUATION, YOUR ORTHOPAEDIC SURGEON WILL DISCUSS YOUR POSSIBLE TREATMENT OPTIONS.

The options will depend on your situation and may include the following:

- Trying a new medication.
- A few weeks of physical therapy.
- An arthroscopic (through small incisions) surgery to clean out the joint.
- Injections of joint fluid supplements to help relieve your pain.
- A shoulder joint replacement.

If a shoulder joint replacement is recommended, the orthopedic surgeon will explain the surgery to you. They will also talk with you about the type of artificial joint they recommend. The surgeon will also talk to you about getting ready for surgery. They will also share information with you about the results of surgery.

TODAY, MANY SURGEONS USE SHOULDER REPLACEMENT SURGERY. ABOUT 23,000 PEOPLE HAVE THE SURGERY EACH YEAR. THIS COMPARES TO MORE THAN 700,000 AMERICANS A YEAR WHO HAVE KNEE AND HIP REPLACEMENT SURGERY.

DEFINITIONS OF MEDICAL TERMS RELATED TO JOINT DISEASE

WHAT DOES IT ALL MEAN?

TYPES OF ARTHRITIS

– OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis. It occurs when the cartilage that cushions the bone surfaces become rough over time. This roughness causes irritation, and eventually the cartilage can wear away altogether. Osteoarthritis usually occurs in people over age 50. It can be caused by simple aging, being overweight, taking certain medications or by old injuries. It also tends to run in families.

– RHEUMATOID ARTHRITIS

Rheumatoid arthritis is a chronic inflammatory disorder that most often affects smaller joints, such as those in your hands and feet. Unlike the wear-and-tear damage of osteoarthritis, rheumatoid arthritis affects the lining of your joints – called the synovium – causing painful swelling that can lead to bone erosion and joint deformity.

Rheumatoid arthritis is an autoimmune disorder, which means that your immune system mistakenly attacks your body's own tissues. It usually runs in families, is more common in women than in men, and generally occurs between the ages of 40 and 60.

– POST-TRAUMATIC ARTHRITIS

An injury to the joint can cause a roughening of the surface, which wears out the cartilage over time, causing pain and stiffness.

– AVASCULAR NECROSIS, OR OSTEONECROSIS

Bone that does not receive its normal blood supply becomes weak and might collapse, causing damage to the cartilage. This can happen in patients who do not eat a balanced diet, in patients who take steroids for long periods, and in patients who have received organ transplants that require certain medications.

ARTHRITIS MEDICATIONS

There are many medications that treat symptoms of all types of arthritis. Some are available over-the-counter and some are only available through a prescription by your doctor. Each of these has its own benefits and risks, including side effects, and they should only be taken as directed by your doctor. When taking medications that are available over-the-counter, follow the instructions on the package label and feel free to ask your doctor if these medications are right for you.

– ACETAMINOPHEN

For mild arthritis pain, acetaminophen is a useful medication because it has relatively few side effects and is safe for most people to take. You can buy acetaminophen without a prescription at your pharmacy or grocery store. While it will relieve pain, acetaminophen will not reduce swelling or inflammation that may be associated with your condition.

– ANTI-INFLAMMATORIES

Non-Steroidal Anti-Inflammatories, or NSAIDs, are effective for relieving both pain and inflammation. Common NSAIDs include Naproxen, Aspirin, Celecoxib and Ibuprofen. Some NSAIDs are available over-the-counter at your pharmacy or grocery store. Others require a doctor's prescription.

– METHOTREXATE AND TNF BLOCKERS

Other medications used in the treatment of severe rheumatoid arthritis that do not respond to NSAIDs include **methotrexate**. Adalimumab and Infliximab are known as "**TNF blockers**." These drugs are prescription medications given by a shot or IV. **Corticosteroids**, such as Cortisone or Prednisone, can be given topically (cream or ointment), by mouth (orally) or by injection (shot).

– JOINT FLUID SUPPLEMENTS

Glucosamine and Chondroitin are part of your healthy cartilage. Dietary supplements containing these compounds are available and can be purchased over-the-counter. Some people claim that they experience relief from pain and stiffness from these supplements.

TYPES OF TREATMENTS



ANATOMY OF THE SHOULDER

Your shoulder is a ball and socket joint much like the hip joint. The shoulder is made up of three main bones, which are the **humerus** (bone of the upper arm), the **scapula** (shoulder blade), and the **clavicle** (collarbone).

The end of the scapula, called the **glenoid**, meets the head of the humerus to form a **glenohumeral cavity** that acts as a ball and socket joint. The upper part of the shoulder blade (**acromion**) projects over the shoulder joint. One end of the collarbone joins the shoulder blade to form the **acromioclavicular** (AC) joint and the other end of the collarbone joins the **sternum** (breastbone) to form the sternoclavicular joint.

A **joint capsule** surrounds the shoulder joint allowing a wide range of motion with stability. The **rotator cuff** covers the shoulder and joint capsule and attaches the upper arm to the shoulder blade. A **bursa** (sac-like membrane) lies between the rotator cuff and the shoulder blade lubricating the joint allowing motion between the structures.

HOW DOES SURGERY CHANGE MY SHOULDER?

SHOULDER REPLACEMENT SURGERY

In this section, we will give you information about shoulder replacement surgery. If taking medications no longer helps, then it is time to consider a shoulder replacement. Most people have less pain after shoulder replacement surgery. A shoulder replacement surgery takes about 2 hours. The surgeon will remove the damaged cartilage and bone from the shoulder. Then they will put the new ball and the new shoulder socket in to place. The new ball is usually made of ceramic or some type of metal. The new socket is usually made of metal and a plastic liner or a strong polyethylene (type of plastic). The new joint is sometimes cemented into place or it may be held in place by the bony tissue around it and does not need cement. Your doctor will talk to you about the best treatment option for your shoulder pain.

CONVENTIONAL TOTAL SHOULDER REPLACEMENT

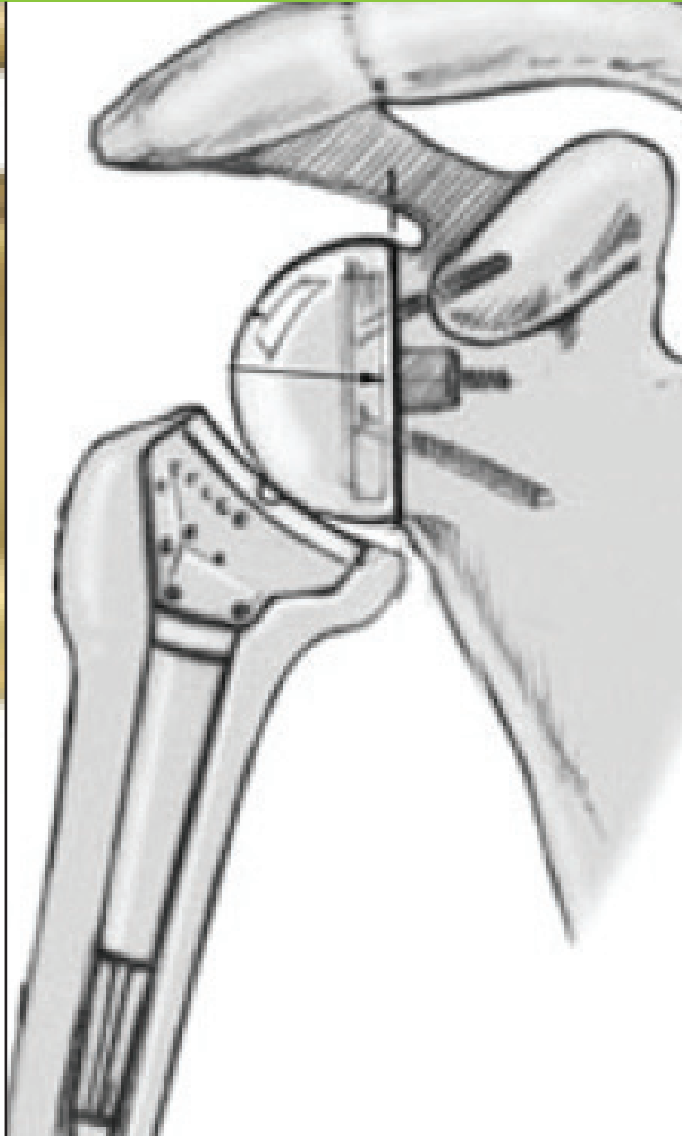
Patients with bone-on-bone osteoarthritis and intact rotator cuff tendons are generally good candidates for the conventional approach. This method can leave the patient with some pain and unable to lift the arm up past a 90 degree angle.

REVERSE TOTAL SHOULDER REPLACEMENT

This approach is used if the patient has a torn rotator cuff and severe arthritis (cuff tear arthropathy) or if the patient has had a previous shoulder replacement that failed. With this approach, the ball and socket are switched and the deltoid muscle is used to lift the arm instead of the rotator cuff.



CONVENTIONAL TOTAL SHOULDER REPLACEMENT



REVERSE TOTAL SHOULDER REPLACEMENT

SHOULDER REPLACEMENT SURGERY TO-DO LIST

WHAT TO KNOW BEFORE YOU GO

BEFORE SURGERY

- Call your insurance company and ask what your coverage is for the surgery, the hospital stay, therapy after surgery and medical equipment. Also ask for any information you may need regarding co-pays and deductibles.
- Have needed dental work done to prevent any existing infection in the teeth or gums from spreading to the new shoulder implant.
- Have a complete physical to make sure you are healthy enough for surgery. The physical will include blood tests, a chest X-ray, an EKG (heart test) and a urine test. We will work with you to arrange this appointment with your primary care physician. If you don't have a primary care physician, we will work with a provider to arrange these services for you or you can locate one and request an appointment at www.adena.org.

PREPARING YOUR HOME FOR YOUR RETURN

Making simple changes in your home before surgery can make your recovery period easier:

- Before your surgery, be sure to go through your home and place any items you may need afterwards on low shelves. It will be difficult to reach high shelves and cupboards.
- When you come home from the hospital, you will need help for a few weeks with some daily tasks like dressing, bathing, cooking, and laundry. If you will not have any support at home immediately after surgery, you may need a short stay in a rehabilitation facility until you become more independent.

PREPARING YOURSELF FOR YOUR SURGERY

- Arrange to have someone help you at home for at least your first few days after surgery.
- Stop smoking.
- Lose weight if needed. Besides making recovery easier, a healthy weight will also help your new joint last longer.

PRE-SURGERY EXERCISES

AS SOON AS YOU DECIDE TO PROCEED WITH SHOULDER REPLACEMENT SURGERY, YOUR DOCTOR MAY RECOMMEND THAT YOU START THE FOLLOWING EXERCISE PROGRAM TO HELP STRENGTHEN THE MUSCLES SURROUNDING YOUR SHOULDER.

YOUR SURGEON AND PHYSICAL THERAPIST MAY RECOMMEND EXERCISES TO DO 10-15 MINUTES 2-3 TIMES A DAY.



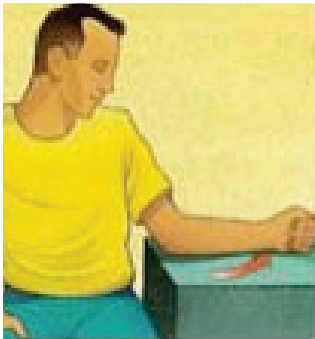
PENDULUM, CIRCULAR

Bend forward at waist 90 degrees using a firm table for support. Rock the body in a circular pattern in order to make the affected arm move clockwise 10 times and then counterclockwise 10 times, 3 times a day.



SHOULDER FLEXION

Clasp hands together above head keeping the elbows straight. Repeat 10-20 times, 3 times a day.



SUPPORTED SHOULDER ROTATION

Sit in chair and rest arm on table beside you. Keep elbow in place and shoulder blades down and together. Slide forearm to the front and then the back. Repeat 10 times, 3 times a day.



WALK UP EXERCISE

Stand next to the wall. Walk fingers up the wall as far as possible, keeping elbows straight. Hold 10 seconds, repeat 3 times per session, 3 times a day.

THE NIGHT BEFORE SURGERY



HOSPITAL PACKING CHECKLIST

- Your shoulder replacement patient book.
- A complete list of all medications you are taking at home.
- Loose, comfortable clothing that will fit around your shoulder dressing.
- Books or magazines.
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FOLLOWING THESE INSTRUCTIONS WILL HELP YOU HAVE A SAFER SURGERY AND A BETTER RECOVERY.

- Do not eat or drink anything after midnight the night before your surgery. The reason for this is that anesthesia often causes nausea and vomiting, which can be very dangerous during surgery. If you eat or drink anything after midnight, your surgery will have to be rescheduled.
- Remove all nail polish. A device that monitors the level of oxygen in the blood is often attached to a finger during surgery, and nail polish or artificial nails can hinder the device's ability to get an accurate reading. Nail polish can also harbor bacteria, which you don't want anywhere near your exposed hip joint.
- The night before and the morning of surgery, shower as instructed below. Do not shave at or around the surgical site.

NIGHT BEFORE SURGERY

- Thoroughly wet the skin with water, then apply antibacterial soap and wash from the neck down. Rub gently for at least one minute, paying special attention to cleaning the site where you will be having surgery. Use entire 15 ml package and keep washing until soap is gone.
- After showering put on clean pajamas and sleep on fresh, clean sheets

MORNING OF SURGERY

- Repeat the showering procedure used the night before. Rinse your skin thoroughly, pat dry with a clean towel and put on clean clothes.

PRECAUTIONS

- Use soap product on skin only, do not allow to get into your ears, eyes, nose or mouth
- Do not use in genital or rectal area
- Do not use if you are pregnant or nursing a baby
- Do not use if you are allergic to ingredients on the label
- Stop if irritation or allergic reaction occurs. If irritation lasts for more than 2 days, call the doctor
- Keep out of reach of children
- Some products may stain towels or washcloths if they are washed with chlorine bleach- containing products.

THE DAY OF SURGERY

BEFORE YOU LEAVE FOR THE HOSPITAL

- Do not wear any makeup to the hospital.
- Do not wear contact lenses to the hospital. Wear your glasses instead.
- Leave all jewelry, valuables and money at home. We cannot be responsible for lost or stolen items.
- If you were instructed to take medicine, take it with just a small sip of water.

WHEN YOU ARRIVE AT THE HOSPITAL

- Pull up to the West Entrance – there is free valet parking for your convenience from 7 a.m. to 7 p.m. Monday-Friday.
- Check in at the Adena Surgery Center inside the hospital.
- After you have checked in, you will be taken to the pre-op area.
- A nurse will verify your medical history and help you change into a gown.
- An IV line will be inserted in your arm or hand, through which you'll receive any needed medication during your stay.
- The anesthesiologist and your orthopaedic surgeon will talk with you about your procedure.
(You will be asked to sign a form allowing a blood transfusion if needed during surgery.)
- You will be asked to point to the shoulder to be replaced, and the surgeon will mark it with a marker.
- You'll be able to visit with friends and/or family for a few minutes before surgery. Then they'll be asked to go to the waiting room and you will be taken to surgery.

BEFORE YOUR SURGERY

Before surgery, you will be assigned a patient number, which will be given to your family and/or friends. There is a TV monitor in the waiting room that provides patient status updates. Your family and/or friends can simply look up your patient number on the monitor to keep track of whether you are still in surgery or have moved to recovery.

THE SURGERY CENTER STAFF WILL LET YOUR FAMILY AND FRIENDS KNOW OF YOUR ASSIGNED ROOM ON 3 NORTHEAST.

WHAT TO EXPECT AFTER YOUR SURGERY

AFTER SURGERY, YOUR ORTHOPAEDIC SURGEON WILL TALK WITH YOUR FAMILY AND/OR FRIENDS. YOU WILL STAY IN THE RECOVERY ROOM FOR AN HOUR OR LESS. HERE, YOUR VITAL SIGNS WILL BE MONITORED AND YOU'LL BE GIVEN ANY NEEDED MEDICATIONS. IT IS NORMAL TO FEEL GROGGY AND CONFUSED FOR THESE FIRST FEW HOURS AFTER SURGERY.

POST-OPERATIVE MANAGEMENT AND PAIN CONTROL

While you are in the recovery room, the nursing staff will continue to monitor your vital signs, such as blood pressure, pulse, temperature and pain levels. Once you are transported to 3 Northeast, the nursing staff will begin regular assessments of the surgical site, making any dressing changes as ordered by your surgeon. At this time, compression devices will be applied on each leg or foot to decrease the risk of blood clots developing.

Do not attempt to get out of bed. Please use your call light and a member of the nursing staff will assist you. It's important to drink plenty of fluids as soon as you are able, to prevent constipation and begin recovering any fluids you lost during surgery. You will need to use your incentive spirometer several times each hour to prevent lung infection.

POST OPERATIVE PAIN

Pain after surgery varies from person to person. There are a variety of options for controlling your pain, including IV medications or oral medications. Your surgeon will decide on the best combination for you. Your pain levels will be monitored on a scale of 1-10 by the nursing staff, therapist and surgeon.

RECOVERY IS DIFFERENT FOR EVERY PATIENT.
WE'LL HELP YOU GET BACK UP TO SPEED IN
THE WAY THAT SUITS YOU.

THE FIRST DAYS AFTER SURGERY

DAY ONE

The nursing staff on 3 Northeast will continue to monitor your vitals and pain levels and watch for complications such as signs of a blood clot or infection. They will also help you get out of bed and sit up in a chair several times per day. Your surgeon will stop by to discuss your surgery and perform a post-operative assessment. A case manager will visit and begin to plan and discuss your discharge options with you. Patients are generally discharged after one night's stay in the hospital.

GETTING OUT OF BED AFTER YOUR SURGERY

It's important that you let the nursing staff help you get out of bed in the beginning. Use your call light and do not try to get out of bed on your own. The occupational and physical therapist will show you the proper way to get out of bed without falling.

PHYSICAL AND OCCUPATIONAL EVALUATIONS

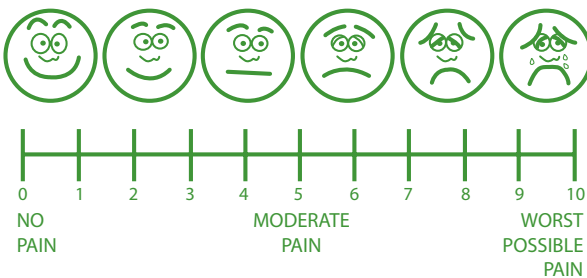
Following your surgery, either the same day or the next day you will be evaluated by a physical and an occupational therapist to begin your rehabilitation. Your initial evaluation will consist of determining your prior level of function prior to your joint replacement, so they will be asking questions regarding your home environment and your ability to dress and bathe yourself. They will be getting you up and out of bed with the assistance that you need and begin gentle exercises to begin to restore your strength and joint mobility after your surgery.

You will wear a sling during the day for the first couple of weeks after surgery. The sling will be worn at night for 4-6 weeks. You can perform simple activities like eating, dressing, and grooming within 2 weeks after surgery. Driving a car is prohibited for 6 weeks.

PAIN MANAGEMENT

Experiencing some pain after shoulder replacement surgery is normal. During your recovery in the hospital, you will be given pain medication through your IV line to help manage your pain levels. Your physician will gradually discontinue the IV pain medicine and start you on pain pills. Please let the healthcare team know if your pain medications are not working for you. Effectively controlling pain is an important part of recovery after a shoulder replacement.

THE MOSBY® PAIN SCALE



Describing your pain level in exact terms can be difficult. That's why we encourage our patients to use a pain scale including both numbers and facial expressions. If you're unable to speak about your pain, point to one of the faces to show your physician how you feel. Or use the numbers at the bottom of the scale to describe the intensity of your pain.

YOUR GOALS AFTER SHOULDER REPLACEMENT SURGERY

BY WORKING TOWARD THESE GOALS, YOU'LL ALSO BE WORKING TOWARD A FULL RECOVERY.

PHYSICAL AND OCCUPATIONAL THERAPY

You will be scheduled for physical therapy or occupational therapy at your follow up appointment with your surgeon. It is extremely important to follow your therapy plan at home and attend all of your therapy sessions to achieve the best outcome.

TIPS FOR YOUR FIRST SIX WEEKS AFTER GETTING YOUR NEW SHOULDER

- Do follow the exercise plan given to you by your physician or physical therapy 4-5 times a day for a month or more, as directed.
- Do ask for assistance. The case manager will be able to recommend an agency or facility if you need additional support at home.
- Do avoid placing your arm in extreme positions like straight out or behind your body.
- Don't participate in contact sports or any heavy lifting.
- Don't lift anything heavier than a glass of water for 6 weeks.
- Don't overdo it. You may feel like you can do much more because you are not in pain, but you need to make sure you don't do too much.
- Don't use the arm to push yourself up in bed or from a chair because this requires forceful contraction of muscles.

It's important to remember that your new shoulder is a mechanical device inserted into living bone. While you should experience better joint stability, less pain and better range of motion with the new shoulder joint, you might set off metal detectors at airports or experience joint stiffness after a time of being inactive.



PREVENTING LUNG INFECTION (PNEUMONIA)

After any surgery involving general anesthesia, taking care of your lungs is important because fluid build-up in the lungs can lead to pneumonia. To keep your lungs clear, you will be given a simple device called an incentive spirometer that will allow oxygen to flow to the bottom portion of your lung.

PROPER WOUND CARE

You will have staples or stitches running along your incision. It is important that you keep these clean and dry until the surgeon removes them. You may wear a bandage over the incision to avoid irritation from clothing. The surgeon will remove the stitches or staples about two weeks after surgery.

- Wash your shoulder daily with antibacterial soap and water. Gently pat the area dry.
- **Do not** take tub baths or soak your shoulder. Take showers or sponge baths instead.

PREVENTING BLOOD CLOTS

After shoulder replacement surgery, there is a risk of a blood clot forming in a vein. Blood clots can be dangerous if they block blood flow from the leg back to the heart or move to the lungs. If you are among those at increased risk of developing blood clots, you will likely be sent home on medication in pill form or injections that help prevent blood clots from forming.

Patients who are taking Warfarin to prevent blood clots need to have their blood drawn twice a week. The doctor will adjust the Warfarin dose based on the lab results.

YOUR DISCHARGE FROM THE HOSPITAL

WHAT HAPPENS ONCE YOU'VE LEFT THE HOSPITAL? WE'LL HELP YOU CREATE A PLAN YOU FEEL GOOD ABOUT.

When you are ready to leave the hospital, you will either go home or to a rehabilitation facility. It is normal to feel a little unsure and shaky for a day or two after you are discharged. Once you become more confident with your new joint, the shakiness should go away.

The physical and occupational therapists will review your at-home safety information with you. They will give you instructions on any needed modifications to your home.

Your case manager will help you make certain all of your needs will be met at home. You will also be given or have the opportunity to purchase any other equipment you may need to help you with dressing, bathing or picking things up from the floor.

And if you ever have questions along the way, remember – We're here to help.



DISCHARGE OPTIONS

YOU SHOULD BEGIN THINKING ABOUT YOUR DISCHARGE FROM THE HOSPITAL WELL BEFORE YOUR SURGICAL PROCEDURE. WHERE IS THE BEST PLACE FOR YOU TO GO IMMEDIATELY AFTER LEAVING THE HOSPITAL'S CARE?

HOSPITAL-BASED INPATIENT REHAB

A hospital-based inpatient rehabilitation facility offers intensive physical and occupational therapy. This is a good option for those who live alone or who don't have a lot of support available. While at the inpatient rehab facility, you'll become stronger, more independent and better able to function on your own. We recommend that you tour several rehabilitation facilities before your surgery to choose one that is right for you.

CONTACT YOUR INSURANCE PROVIDER AHEAD OF TIME TO FIND OUT THEIR COVERAGE POLICY FOR A STAY IN A REHABILITATION FACILITY.

Questions to ask about a rehabilitation facility stay:

- What is a typical day like in rehab?
- How much therapy will I receive daily?
- What is the average length of time a shoulder replacement patient stays before being able to return home?
- Are the physical and occupational therapists on staff trained in the rehabilitation of joint replacement patients?
- What types of personal services are offered to patients (laundry, food, recreation)?
- What are the visiting hours?
- What is the per-day cost?
- What portion of the bill is covered by insurance?
- What will my co-pay be?

WE RECOMMEND: ADENA GREENFIELD MEDICAL CENTER INPATIENT REHABILITATION

The Adena Greenfield Medical Center has an Inpatient Rehabilitation unit. They provide physical and occupational therapy 3 hours or more each day, 6 days a week. The therapists will work with you on walking, bathing, dressing, and other activities of daily living. An on-staff recreational therapist also will assist with a variety of enjoyable recreational activities.

Adena Greenfield Medical Center's laundry service will wash your clothes every evening and return them to your room every morning. You'll also receive meals and snacks throughout your rehab stay.



SKILLED NURSING FACILITY, EXTENDED CARE FACILITY OR NURSING HOME

A nursing facility may be a good option for patients who will require more time to regain their strength and get back on their feet. If you are not sure if you should stay in an extended care facility or inpatient rehab, your case manager or your physical and occupational therapists can help you determine which option is best for you.

YOUR HOME

If your home is equipped for it and you live with a friend or family member who is able to provide all the support you will need in the days and weeks following your shoulder replacement surgery, then going home might be an option. After reading this document, talk with that person and make sure he or she knows what to expect. The person should also be strong enough to help you up in the event of a fall.

WHY CHOOSE GREENFIELD MEDICAL CENTER INPATIENT REHABILITATION?

- Therapists have many years of experience working with joint replacement patients.
- An on-staff physician is available 24 hours a day to handle any medical needs that may arise during your stay.
- Patients at Adena Greenfield Rehabilitation receive at least 3 hours of therapy a day – more than at many other facilities. This helps you recover faster and get back to enjoying life sooner.

THE AVERAGE LENGTH OF STAY FOR MOST JOINT REPLACEMENT PATIENTS AT ADENA GREENFIELD REHABILITATION IS 4-7 DAYS. THE NATIONAL AVERAGE FOR A REHABILITATION STAY IS 14-18 DAYS. OUR PATIENTS HAVE SHORTER REHABILITATION STAYS BECAUSE WE PROVIDE MORE THERAPY SERVICES.

Your Patient Navigator will be happy to coordinate a tour of the facility if you'd like; just ask.

DISCHARGE OPTIONS (CONTINUED)

PHYSICAL THERAPY

HOME THERAPY

If you go directly home from the hospital after surgery, a physical therapist may come to your home two to three times a week. The physical therapist will give you exercises to do on your own two or three times a day. Daily exercise is the optimum way to regain strength and range of motion in your arm. At all times, wear comfortable shoes with good traction. Most insurance companies will cover the cost of in-home physical therapy only if you are homebound, which means that you are able to leave your home only to go to church, to the doctor or for an emergency.

OUTPATIENT THERAPY

When you are discharged to your home directly from the hospital, you will leave with an appointment for outpatient physical therapy within seven days of your discharge. It is extremely important that not more than seven days go by between your discharge and the first physical therapy appointment. While awaiting your first outpatient therapy appointment, continue to do the exercises you learned in the hospital two-to-three times a day or as otherwise recommended by your physical therapist.

FOLLOW THESE GUIDELINES TO MAINTAIN YOUR HEALTH IN THE MONTHS AND YEARS AFTER YOUR SHOULDER SURGERY.

- Notify your dentist that you have had a shoulder replacement. You will need to take antibiotics before any dental procedure for at least two years after your shoulder replacement surgery. Your dentist or primary care physician will prescribe the antibiotics needed for pre-treatment.
- Keep all follow-up appointments with your orthopaedic surgeon. This will allow your surgeon to monitor the status of your shoulder and the shoulder replacement. Let the orthopaedic surgeon know if the joint swells, has a decrease in range of motion or starts to feel different.
- You should maintain a healthy body weight for the rest of your life. Extra weight puts more stress on the shoulder joint, which may cause it to wear out sooner.
- Make exercise a part of your daily routine. This will keep the muscles around your new shoulder – and the rest of your body – strong.

WHATEVER AVENUE FOR DISCHARGE YOU TAKE,
OUR GOAL IS THE SAME – GETTING YOU ONE STEP
CLOSER TO HOME AND YOUR FULL LIFE.



WHEN YOU GET HOME

FOR A SMOOTH TRANSITION FROM HOSPITAL TO HOME, STICK CLOSELY TO THESE SUGGESTIONS.

- Once home, you can leave the dressing off the surgical site. Wash your shoulder daily with antibacterial soap and water and dry the area gently but thoroughly.
- You will have skin staples running along your wound, which will be removed several weeks after surgery. These need to be kept clean and dry at all times. Do not take tub baths or soak your shoulder. Take showers or sponge baths instead.
- While taking pain medication, do not drive or operate heavy machinery.
- Examine your shoulder incision every day for signs of infection such as increased pain, redness, swelling or drainage. Call the surgeon's office if you notice any of these changes.
- You should have a follow-up appointment with your surgeon two weeks after surgery. **If you are not given an appointment when you are discharged, please call to schedule one.**
- Some patients may be sent home on medication to avoid blood clots, called Warfarin. Patients who are taking Warfarin need to have their blood drawn twice a week. Your doctor may adjust the Warfarin dose based on these lab results.

GETTING HELP AT HOME AFTER SURGERY

You will likely need help at home for several weeks after returning home following your surgery. Don't be shy about asking others to help with cooking, house cleaning, laundry, grocery shopping and running errands. It may be several weeks before you can drive, so you'll need someone to drive you until you recover.

MEDICATION

Your doctor may prescribe iron pills for you. Iron pills may cause black stools and constipation, which should be alleviated by drinking lots of fluids and eating lots of fruits and vegetables and other high-fiber foods. If necessary, you may also use an over-the-counter stool softener.

Your doctor may provide you with a prescription for pain pills. Because pain pills can become addictive, be very careful to use these only as prescribed.



WHEN TO CALL THE DOCTOR

You may have questions once you get home. We are here to help you, so please feel free to call us during office hours if you have general questions about your shoulder replacement.

Call your surgeon's office right away if you experience any of the following:

- Fever higher than 101 degrees
- Unusual pain in your newly replaced shoulder
- Extreme swelling in the arm or shoulder
- Redness of or fluid draining from the incision site

While taking blood thinners, contact us immediately if you develop any of the following:

- Nosebleeds
- Bruises that get bigger and do not heal
- Brown or red urine
- Feeling weak or faint
- Black or red stools
- Unusual physical weakness

If you call after hours, your call will be answered by our answering service. Tell the answering service the specific symptom or symptoms you are having, and he or she will have the doctor on call contact you.

If you experience any of the following, it could be a sign that you have a blood clot in your lung.

Call 911 immediately if you develop any of these symptoms:

- Sudden shortness of breath
- Chest pain and coughing
- Any sudden chest pain that you cannot explain



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WWW.ADNA.ORG



Bone and
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