

PHYSICAL READINESS

The following questions are designed to help your surgeon understand your lifestyle and select the treatment that will best fit in with your life.

Does your shoulder pain keep you from sleeping through the night?

- Yes, frequently
- Yes, occasionally
- No

Which everyday activities have you stopped or cut back on because of your shoulder pain? (Check all that apply)

- Playing with children/grandchildren
- Driving
- Gardening
- Playing golf or tennis, or taking part in other physical activities
- Going out with friends
- Working
- Shopping
- Physical intimacy
- Dancing
- Other activity you enjoyed: _____
- None

Over the past year, has your shoulder pain prevented you from participating in any of the following major life events or activities? (Check all that apply)

- Caring for a family member or friend
- Taking a trip or vacation
- Attending a family gathering or reunion
- Attending a special event like a wedding, graduation, or birthday party
- Keeping an appointment with a doctor
- Other event: _____
- None

Have you gained weight as a result of being less active since your shoulder pain started?

- No, I have not gained weight
- Yes, I've gained some weight
- Yes, I've gained significant weight

Create a history of your health

Use this checklist to create a medical history you can bring along to doctor visits.

- Medicines and supplements you take, including their dosage and frequency
- Major illnesses or chronic conditions you have suffered from
- Surgeries you have had and any related complications such as reactions to anesthesia
- Allergies and sensitivities you have to food or medications
- Your family history of diabetes, cancer, or heart disease
- Your lifestyle habits, including smoking, alcohol intake, exercise, and special diet

A few points to discuss with your surgeon

- Am I a suitable candidate for shoulder replacement? How will I know when I am?
- Can shoulder replacement help provide relief from the pain and stiffness?
- Is age a factor in shoulder replacement surgery?
- I've read that there are advanced techniques and technologies available for shoulder replacement surgery. Could you explain to me what they are?
- What are the benefits and risks of shoulder replacement surgery?
- How long does it take to recover and rehabilitate from shoulder replacement surgery?
- What is my role in recovery and rehabilitation?
- If I eventually undergo shoulder replacement surgery, will I be able to resume daily activities?