



CONNECTICUT
CENTER FOR
ORTHOPEDIC
SURGERY, LLC

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www.OrthoOnTheWeb.com

Patient Name _____

Date _____

SHOULDER ARTHROSCOPY POSTOPERATIVE INSTRUCTIONS

Activity: After your shoulder arthroscopy, you will be placed in a sling or arm immobilizer. Depending on the procedure performed, you may either use the arm as tolerated when the nerve block wears off or you may need to keep the arm completely immobilized until you are seen in the office and receive further post-op instructions.

- You may do any of the exercises in this program until you are seen in the office.**
- You may use the arm as tolerated when the block wears off within 24 hours.**
- Remove the sling at 24 hours and use the arm as tolerated. Start the attached exercises after 48 hours.**

Apply ice packs to the shoulder as often as needed. You may apply ice continuously if you wish. Sleep in a reclined position for comfort. Lying flat can be painful following shoulder surgery.

Dressing: Expect some bloody drainage onto the post op dressing within the first 24 hours. If it is indicated that you can use the arm and remove the sling, after 24 hours, you can remove the dressing and shower. Cover the small incisions with Band-Aids after the shower. Its OK to get the arthroscopy incisions wet in a shower after 24 hours but do not soak them in bath water for one week. The sutures in your skin will dissolve in time. They should be cleaned with alcohol daily and covered with Band-Aids after the dressing is removed at 24 hours. If there are paper Steri-strips over the wounds, do not remove them.

Medication: You may resume your normal medications that you took prior to surgery. The directions for the use of the pain medication will be on the prescription. Medication refills will only be done by me or my office during the week from 8am -4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends. **Plan ahead.** Medications for postoperative pain are as follows:

_____ 1 pill every 12 hours.

_____ 1-2 pills every 4 hours if you have pain.

You may take 3 tabs of _____ every 4 hours for very severe pain.

You may take Extra-Strength Tylenol as directed on the label. You may also take over-the-counter anti-inflammatory medications such as aspirin, Advil or Aleve if you know you can tolerate these medications. Once the nerve block begins to wear off, start you pain medicine.

Follow up: Call the office to schedule an appointment for approximately _____ days after your surgery.

I will discuss the procedure and the findings at surgery during our first post-op visit.

Problems: While complications from shoulder arthroscopy are uncommon, you must be aware of the early warning symptoms of some of the more serious problems that may arise. The risk of surgery is never "zero".

A temperature over 101 degrees. This could be due to inactivity and lung congestion, but may also be signs of infection.

Call the office for numbness, pins and needles, and extreme pain not relieved by the medication provided.

Driving: You may resume when you are no longer taking narcotic pain medications and when you have adequate control of your shoulder and arm so that you can use the arm with minimal discomfort. This is a matter of your safety and the safety of those around you on the road.

You can get more information about shoulder arthroscopy and the exercises required after surgery online at www.OrthoOnTheWeb.com or at www.Orthodoc.aaos.org/jtmazzara under the *Shoulder Surgery Exercise Guide*.

Regular exercises to restore your normal shoulder motion and flexibility and a gradual return to everyday work and recreational activities are important for your full recovery. We recommend that you exercise from 10 to 15 minutes 2 or 3 times a day during your early recovery period. They may suggest some of the following exercises. This guide can help you better understand your exercise and activity program. **You should only do these exercises if I have indicated that it is OK to move your shoulder on the front page of the brochure. Start them ~48 hours after surgery.**



Pendulum, Circular - Bend forward 90 degrees at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Do 3 sessions a day.



Shoulder Flexion (Assistive) - Clasp hands together and lift arms above head. Can be done lying down (drawing A) or sitting (drawing B). Keep elbows as straight as possible. Repeat 10 to 20 times. Do 3 sessions a day.



Supported Shoulder Rotation - Keep elbow in place and shoulder blades down and together. Slide forearm back and forth. Repeat 10 times. Do 3 sessions a day.



Walk Up Exercise (Active) - With elbow straight, use fingers to "crawl" up wall or door frame as far as possible. Hold 10 seconds. Repeat 3 times. Do 3 sessions a day.



Shoulder Internal Rotation (Active) - Bring hand behind back and across to opposite side. Repeat 10 times. Do 3 sessions a day.



Shoulder Flexion (Active) - Raise arm to point to ceiling, keeping elbows straight. Hold 10 seconds. Repeat 3 times. Do 3 sessions a day.



Shoulder Abduction (Active) - Raise arm out to side, elbow straight and palm downward. Do not shrug shoulder or tilt trunk. Hold 10 seconds. Repeat 3 times. Do 3 sessions a day.

Shoulder Extension (Isometric) - Stand with your back against the wall and your arms straight at your sides. Keeping your elbows straight, push your arms back into the wall. Hold for 5 seconds, then relax. Repeat 10 times.



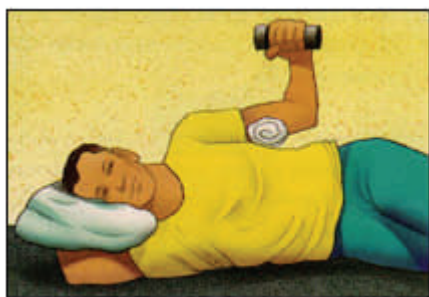
Shoulder External Rotation (Isometric) - Stand with the involved side of your body against a wall. Bend your elbow 90 degrees. Push your arm into the wall. Hold for 5 seconds, then relax. Repeat 10 times.

Shoulder Arthroscopy Exercise Guide



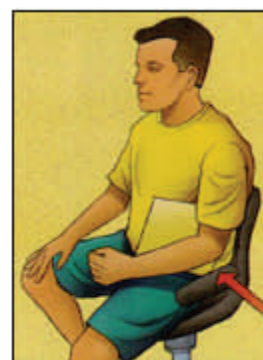
Shoulder Internal Rotation (Isometric) - Stand at a corner of a wall or in a door frame. Place the involved arm against the wall around the corner, bending your elbow 90 degrees. Push your arm into the wall. Hold for 5 seconds, then relax. Repeat 10 times.

Shoulder Internal Rotation - Keep elbow bent at 90 degrees. Holding light weight, raise hand toward stomach. Slowly return. Repeat 10 times. Do 3 sessions a day.



Shoulder External Rotation - Keep elbow bent at 90 degrees at side. Holding light weight, raise hand away from stomach. Slowly return. Repeat 10 times. Do 3 sessions a day.

Shoulder Adduction (Isometric) - Press upper arm against a small pillow alongside your body. Hold 5 seconds. Repeat 10 times. Do 3 sessions a day.



Shoulder Abduction (Isometric) - Resist upward motion to the side, push arm against back of chair. Hold 5 seconds. Repeat 10 times. Do 3 sessions a day.