

POSTOPERATIVE SHOULDER GUIDELINES

You should have a follow-up appointment no more than 10 days following surgery. If you have questions or concerns prior to your appointment, please call us at 503.540.6300 (24 hours).

PROCEDURE:

- ☐ Subacromial decompression, distal clavicle excision or shoulder debridement
- ☐ Labral repair, SLAP repair, Bankart repair or capsular shift
- ☐ Rotator cuff repair
- ☐ Total shoulder replacement
- ☐ Biceps tenodesis

TIME IN SLING:

- ☐ Wear for comfort and discontinue as you tolerate
- ☐ 3 weeks ☐ 4 weeks ☐ 6 weeks

Sleep/Elevation: It is helpful to sleep in a recliner or reclined position with your head propped up on pillows for about 48 hours or until you are comfortable lying flat. You may want to sleep like this for several weeks.

Pain Control: Pain can be controlled using medication, ice and rest. Take your pain medication as prescribed. Other medications may also be prescribed for side effects such as nausea, vomiting, itching, or to “enhance” the pain medication. Alert your physician to any allergies or intolerances. Uncontrolled pain delays the progress of your rehab goals.

Icing: Use ice or a cooling unit consistently in the first 48 hours - 40 minutes on, 20 minutes off. Continue to use ice 4 times per day over the following week. Resting or remaining in a safe and protected environment can prevent trauma to the surgical site.

Wound Care: If you had arthroscopic surgery you can remove the dressings and shower after 48 hours. You can cover the wounds with Band Aids until you are seen in the office. Avoid soaking in a bathtub, hot tub or pool until your surgeon says you may do so. Avoiding infection is very important.

Preventing Blood Clots: Decreased physical activity after surgery increases your risk of developing a blood clot in your legs. Perform ankle pumps while at rest and try to walk hourly during the day for the first 2-3 weeks following surgery.

SEE BACK FOR PHYSICAL THERAPY INSTRUCTIONS

Hope Orthopedics of Oregon

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POSTOPERATIVE PHYSICAL THERAPY INSTRUCTIONS

Physical Therapy is directed by your surgeon. Ideally this should be set up prior to your surgery. There are many stages associated with postoperative care of your shoulder. These begin the day after surgery and progress for 4-6 months. Here are some exercises to start with:



Pendulums/Codman's Exercise: Let your arm circle clockwise, then counterclockwise by rocking your body weight in a circular pattern. This should be passive, not using your shoulder muscles to move the arm. Do 10-20 repetitions, 2-4 times per day.



Elbow Range of Motion: Sitting in a chair, bring your hand toward your shoulder using your non-surgical hand to move it, then straighten it as straight as possible. Do 20 repetitions, 2-4 times per day.



Wrist Range of Motion: Bend wrist forward and backwards, then side to side. Do 20 repetitions, 2-4 times per day.



Ball or Towel Squeeze: By squeezing your hand, you can help control the swelling in your arm. Do this often during the day, even when you are icing.



Scapular Exercises: With arms at sides, move shoulder blade up and down to perform shoulder shrugs. Repeat 10 times, 2-3 times per day. With arms at sides, pinch shoulder blades together. Repeat 10 times, 2-3 times per day.



☐ **If this box is checked by your surgeon, please perform:**

Assisted Arm Raise/Wand Raise: While lying on back, use non surgical arm to raise surgical arm overhead as pain allows. You may also use a stick or dowel to assist in lifting overhead. Do not go past 90 degrees unless directed by your doctor.

