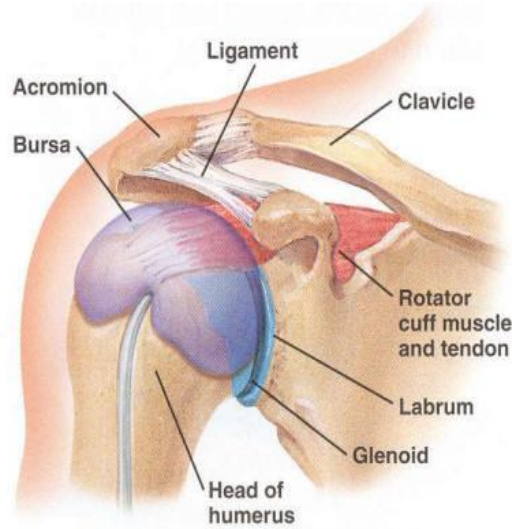


Shoulder Arthroscopy, Rotator Cuff Repair, & Labral Repair



PRE-OPERATIVE INSTRUCTIONS

- **Do not eat or drink for 8 hours before surgery.** This includes chewing gum, candy and mints. No smoking or use of tobacco products.
- Stop all blood thinners 5 days prior to surgery, unless directed otherwise. This includes coumadin, aspirin, and anti-inflammatories.
- Stop all herbal supplements 1 week prior to surgery.
- Plan to spend approximately 6 hours at the surgical facility. This includes pre-operative work up and post-operative recovery.
- Arrange for someone to drive you home **and stay with you** through the night and for the first 24 hour after surgery.
- Set up your post-op appointment for 7-10 days after surgery by calling 913-381-5225 if you have not already done so.

POST-OPERATIVE INSTRUCTIONS

- Apply ice to the shoulder for 20 minutes on, 1 hour off. Do this for the first day. Apply ice as needed thereafter.
- Keep the dressing in place and dry for three to four days.



Corporate Medical Plaza
Building #1
10171 Nall Ave., Suite 200
Overland Park, KS 66211

Lee's Summit Office
3151 NE Carnegie Dr.
Suite B
Lee's Summit, MO 64064

- On the third or fourth day, you may remove the dressing and apply a band aid over the incisions. **DO NOT** get the incisions wet in the shower.
- If you do not have a post-operative appointment already scheduled, call the office (913-381-5225) to schedule your follow-up appointment for approximately 7-10 days following surgery.
- Take Aleve, 2 pills, twice daily as instructed or resume the previously prescribed anti-inflammatory as directed if medically allowed.
- Take the pain medication as needed.

ROTATOR CUFF OR LABRAL REPAIR

- Remain in the sling and avoid any active movement of the shoulder until further instructions at your post-operative appointment.
- You may only come out of the sling to allow your elbow to straighten and bend. Otherwise remain in the sling.
- You may work on finger, wrist and elbow motion to prevent further stiffness. **Do Not** move the shoulder.

SHOULDER ARTHROSCOPY- NO REPAIR REQUIRED

- Discontinue the sling once the block has worn off and all feeling to your arm has returned if you were instructed do at the time of surgery.
- If instructed at the time of surgery, you may start on pendulum exercises and range of motion exercises.
- Perform the range of motion exercises described in this packet as tolerated until you see Dr. Walker.

Dr. J. Clint Walker, MD
If you have any questions, please call: (913) 381-5225

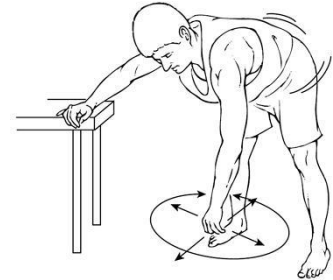
Post-Operative Exercises

****You may do these exercises as tolerated
AND if instructed at the time of surgery. ****

1. PASSIVE PENDULUM EXERCISES

****best exercise to do following surgery****

Bend forward 90 degrees at the waist, using a table for support. Gently sway your arm like a pendulum in a circular pattern to move the arm clockwise 10 times, then counterclockwise 10 times. Let gravity and momentum provide the movement. You may use the non-operative arm to support and move the operative arm.



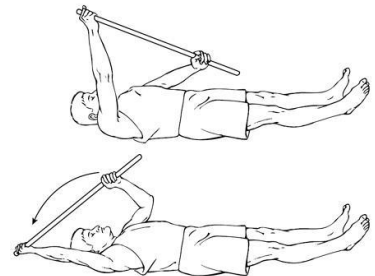
2. SHOULDER FLEXION (WALL WALKS)

While standing near a wall as shown, slowly “walk” your fingers up the wall until you feel a gentle stretch. Hold for 10 seconds. Repeat 10 times, 3 times per day.



3. SHOULDER FLEXION

Lie on your back holding a stick in both hands, keeping your hands shoulder-width apart. Raise both hands over your head until you feel a gentle stretch. Hold for 10 seconds. Repeat 10 times, 3 times per day.



4. SHOULDER FLEXION

Sit in a chair with your affected arm on a table as shown. Lean forward, sliding your arm forward on the table until you feel a gentle stretch. Hold for 5-10 seconds. Repeat 10 times, 3 times per day.

