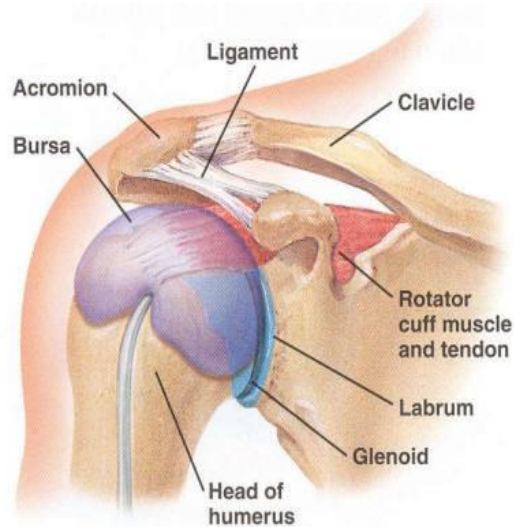


## Shoulder Arthroscopy



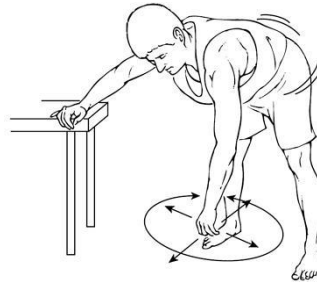
### POST-OPERATIVE INSTRUCTIONS

- 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 two (2) days.
- On the 2nd day you may remove the dressing and apply a gauze sponge over the incisions with tape. **DO NOT** use antibiotic ointment on the incisions. **You may** get the incisions wet in the shower.
- **Discontinue** the sling once the block has worn off and all feeling to your arm has returned.
- Perform the range of motion exercises described in this packet as tolerated until you see Dr. Samuelson.
- 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 the anti-inflammatory medication as indicated on your paperwork.
- Take the pain medication as needed.

## **POST-OPERATIVE EXERCISES**

### **1. PASSIVE PENDULUM EXERCISES**

Bend forward 90 degrees at the waist, using a table for support. 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.



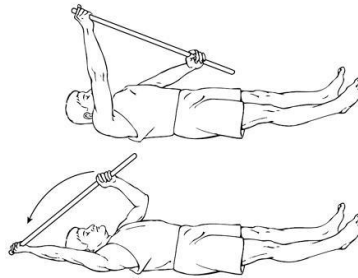
### **2. SHOULDER FLEXION (WALL WALKS)**

While standing near a wall as shown, slowly “walk” your fingers up the wall until you feel a gently 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.

