

# THOMAS S. SAMUELSON, M.D.

Corporate Medical Plaza,  
Building 1  
10701 Nall Avenue, Suite 200  
Overland Park, KS 66211

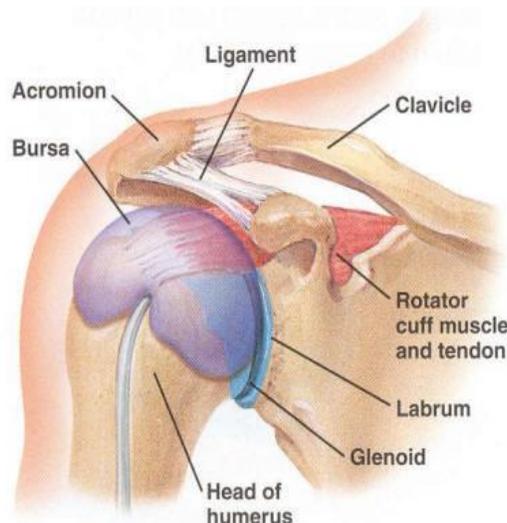
Lee's Summit office  
3151 NE Carnegie Dr. Suite B  
Lee's Summit, MO 6406

Olathe Office  
20920 W 151st Street,  
Suite 100  
Olathe, KS 66061

Office (913)381-5225

*If you have any questions or concerns please call.*

## Shoulder Arthroscopy



## POST-OPERATIVE INSTRUCTIONS

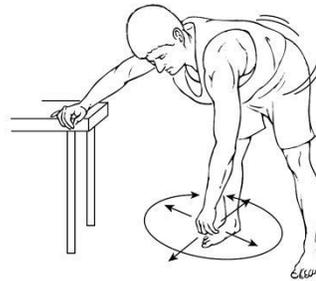
- ✓ Apply ice to the shoulder for 20 minutes on, 1 hour off. Do this for the first day. Apply ice as needed thereafter.
- ✓ Keep the dressing in place and dry for two (2) days.
- ✓ On the 2nd day you may remove the dressing and apply a gauze sponge over the incisions with tape. **DO NOT** use antibiotic 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 (913-652-6477) 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.
- ✓ Take the pain medication as needed. Ambien has been prescribed to aid in sleeping if 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.



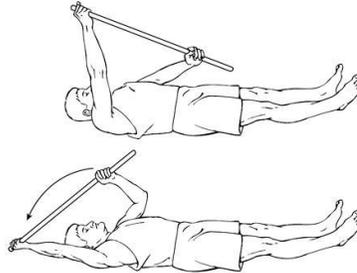
### **2. SHOULDER FLEXION (WALL WALKS)**

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.

