

# J. Clinton Walker, MD

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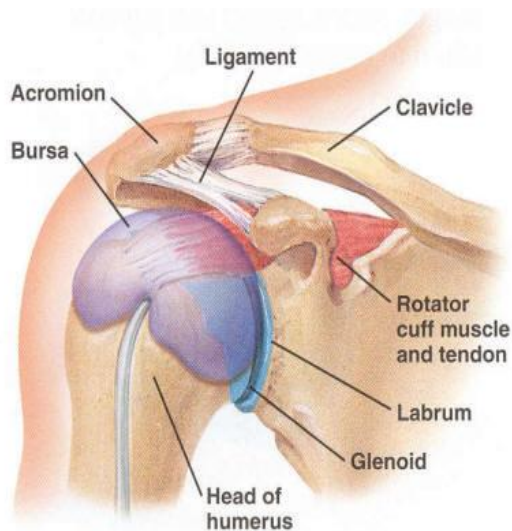
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Lee's Summit, MO 6406*

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*If you have any questions, please call the office.*

## Shoulder Arthroscopy/ Rotator cuff/ 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 913-652-6462 if you have not already done so.

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## 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.
- ✓ 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 (913-652-6462) 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.

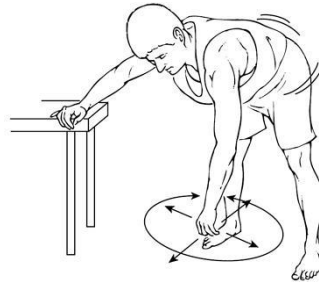
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## Post-operative Exercises

### 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.



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

### 2. SHOULDER FLEXION (WALL WALKS)

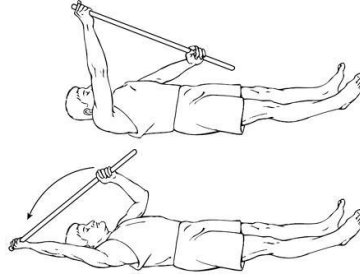
While standing near a wall as shown, slowly “walk” your fingers up the wall until you feel a gently stretch. Hold for 10 seconds. Repeat 10 times, 3 times per day.



### 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.

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### **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.

