DELAWARE ORTHOPAEDIC SPECIALISTS

# Discharge Instructions for Shoulder Arthroscopy

**Diet:** Start out with liquids and progress to your regular diet as you tolerate.

**Activity:** Do not perform any strenuous activity or carry anything heavy until cleared by your DOS Doctor. You should wear your sling as instructed by your Doctor, except when performing the exercises that were given to you.

**Exercise:** Perform all exercises instructed as much as tolerates until return visit.

**Pain Medication:** A prescription was electronically sent to your preferred pharmacy the day before your procedure. Take this medicine for severe pain only. You may also use Advil/Motrin, an over the counter medication if you choose. Any activity that requires precise thinking and accuracy must be avoided while on narcotics after surgery, which includes operating machinery and/or driving a vehicle.

**Ice:** Ice is an excellent source of pain relief, swelling, stiffness and inflammation. Use it for a 20 minute duration a few times per day. The ice pack should never be placed directly on the skin. It can be used for several weeks as needed.

**Return Visit:** Your post-op appointment with your Doctor has been scheduled and is listed in the paperwork that you should have received in the mail and on your discharge packet. If you need to change the date and/or time, please call (302) 655-9494.

**Emergency or Problems:** DOS staff is available 24 hours a day in case you experience any problems once you leave the surgical facility. After hours, please call (302) 655-9494 for assistance.

**Wound Care:** Your incision is closed with sutures or steri-strips. It will usually drain or leak after you have returned home. Do not become alarmed unless you consider the volume or color of the drainage to be excessive. Starting on the second post operative day, you may remove all outer bandaging – please keep steri-strips in place. You must use waterproof bandages when showering to keep incisions dry. If steri-strips fall off, please cover with a bandaid.

**Showering:** You should never take a bath, use a hot tub, or go swimming until instructed to do so. You may shower only if you keep the incisions

completely dry. Waterproof dressings can be purchased at your local pharmacy. (ie Tegaderm)

**Suture Removal:** Your sutures or staples will be removed at 10 days to 2 weeks after your procedure.

# Surgery Supply Info

**Upper Extremity Surgery**

- Be prepared that you may not be able to lift your arm up to wash you face or hair for a period of time
- A place to sleep comfortable, as sleeping when lying down may be uncomfortable (use of a recliner)
- Waterproof bandages (Tegaderm) to cover wound when showering. They can be found at your local pharmacy.
- Extra ice pack (one (1) pound bag of peas or corn works great.) Ice pack should not be placed directly on skin.
- A means of transportation, you may be limited from driving for a period of time. Due to multiple reasons, not able to drive while on Narcotics, no use of arm to drive safely, etc…
- Stress ball to work on gripping exercises post surgery

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# Rehab Instructions for Rotator Cuff Repair

**It takes Three (3) months to HEAL and approximately one (1) year to FULLY recover.**

**Recovery guidelines depend on the size of the tear: Your tear Size was _____ cm.**

- **Tears ≤ 1 cm:**
  - **0 – 2 weeks postop:**
    - **No active motion (OK to perform shoulder shrugs in packet)**
    - **Full passive motion allowed as per exercise sheet given.**
    - **OK to perform daily routine with your arm at the side**
    - **Use sling at all times, except for showering and performing exercises in packet**
  - **2-6 weeks post op:**
    - **Start Scar Massage**
    - **Continue full passive motion**
    - **Do not lift anything > 1 lb. **nothing more than a coffee cup****
    - **Sling use continued when up and out of house**
  - **6 weeks to 3 months postop:**
    - **Resume all activities as tolerates**
    - **Progress with strengthening as tolerates**
    - **Do not lift > 10 lbs with arm extended away from body**
  - **>3 months postop**
    - **No restrictions at this point**
- **Tears 1cm – 3cm:**
  - **0 – 2 weeks postop:**
    - **Full passive motion allowed as per exercise sheet given.**
    - **No active motion (OK to perform shoulder shrugs in packet)**
    - **Use sling at all times, except for showering and performing exercises in packet**
  - **2 – 6 weeks postop:**
    - **Start Scar Massage**
    - **Full passive motion allowed as per exercise sheet given.**
    - **OK to perform daily routine with your arm at the side**
    - **OK to start active motion only with arm, but never elevating above 30 deg**
    - **Do not lift anything greater than 1 lb **nothing more than a coffee cup****

        - **Continue sling use at all times**
    - **6 weeks to 3 months postop:**
        - **Full passive motion allowed as per exercise sheet given.**
        - **Ok to start active motion only with arm never elevating above 90 deg**
        - **OK to perform daily routine with your arm at the side**
        - **Do not lift anything greater than 5 lbs**
    - **>3 months postop**
        - **No restrictions at this point**

- **Tears > 3cm:**
    - **0 – 2 weeks postop:**
        - **Full passive motion allowed as per exercise sheet given.**
        - **No active motion (OK to perform shoulder shrugs in packet)**
        - **Use sling at all times, except for showering and performing exercise in packet**
    - **2 – 6 weeks postop:**
        - **Start Scar Massage**
        - **Full passive motion allowed as per exercise sheet given.**
        - **OK to perform daily routine with your arm at the side**
        - **No active motion**
        - **Use sling at all times**
    - **6 weeks to 3 months postop:**
        - **Start Physical Therapy**
        - **Full passive motion allowed as per exercise sheet given.**
        - **OK to perform daily routine with your arm at the side**
        - **Do not lift anything greater than 5 lbs**
    - **>3 months postop**
        - **No restrictions at this point**
        - **Start active motion away from body and progress as tolerated**

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**SHOULDER CRADLE ROCK**

Hold arms in front of body, cradling the injured arm with good arm. Gently rock arms back and forth using the good arm. Hold for 5 sec. Perform 15 times. Repeat 2-3 times per day.



**Shoulder Shrug with Roll**

***SAFE TO PERFORM AFTER SURGERY***

Raise shoulders upward towards ears then roll backwards and around as far as you can. Motion simulates a drawing of a backwards "D". Then return back to starting position. Perform 15 times. Repeat 2-3 times per day.



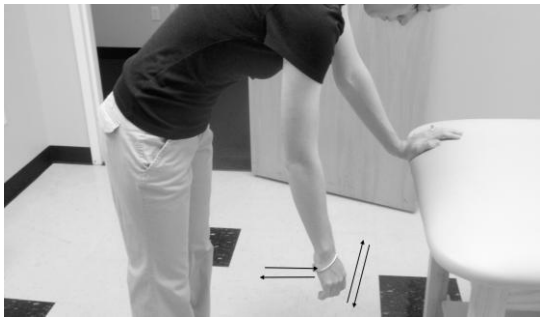
**PENDULUM SWINGS - CIRCLES**

Lean over table as shown, supported by your good arm. Allow the injured arm to hang freely. Use trunk movement to swing in a circular motion. Your arm should continue to swing freely with this performance, DO NOT tighten muscle/stiffen arm to perform. Clockwise and counter clockwise. Perform 20 times in each direction. Repeat 2-3 times per day.



**PENDULUM SWINGS – BACK AND FORTH/SIDE TO SIDE**

Lean over table as shown, supported by your good arm. Allow the injured arm to hang freely. Use trunk movement to swing side to side and forwards/backwards. Your arm should continue to swing freely with this performance, DO NOT tighten muscle/stiffen arm to perform. Perform 20 times in each direction. Repeat 2-3 times per day.



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**EXERCISES ON THIS PAGE MAY BE MORE DIFFICULT TO PERFORM AND OK TO WAIT UNTIL CLOSER TO POST-OP APPOINTMENT TO BEGIN**

**Passive ROM Stretch Shoulder Abduction Sitting**

Sit with side next to table, place forearm on table with palm up as shown. Gently side bend at waist, moving hips away form table and chest toward the table. Hold for 10 seconds and perform 10 times. Repeat 3 times per day.

*Do not force past comfort range – only pull until you feel a slight stretch along the arm.



**Passive ROM Stretch Shoulder Flexion with Trunk Bending**

Sit at table, with table in front of you. Place arm on table with elbow straight, slowly bend trunk downward. Your arm will slide forward on table should feel stretch in shoulder. Hold for 10 seconds and perform 10 times. Repeat 3 times per day.

*Do not force past comfort range – only pull until you feel a slight stretch along the arm.



**Passive ROM Shoulder Flexion Supine**

Lie on your back. Grab wrist of the injured arm with the hand of your good arm. Gently raise arm upward and in front, through range of motion. DO NOT let your elbow bend. Slowly, return to the starting position and repeat. Hold for 10 seconds and perform 10 times. Repeat 3 times per day.

