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## **Post-op Instructions Arthroscopic Shoulder Procedures**

### **Sling**

Wear your sling as instructed, including during sleep. You may not drive while you are wearing the sling

### **Movement**

Your arm will be in some type of sling. Unless otherwise instructed by your physician, you may remove your sling for elbow, wrist and hand motion 3 to 4 times a day for 5 to 10 minutes. Use your hand and wrist freely unless otherwise instructed. If permitted, some home exercises are provided below.

### **Ice**

Apply ice bags or use the cooling device to control swelling and help with pain. Ice should be applied 20-30 minutes at a time, every hour or two. Put a thin towel or t-shirt next to your skin if using a plastic bag to help prevent getting an ice-burn. Icing is most important in the first 48 hours, although using for longer can help.

### **Surgical Site**

DO NOT REMOVE YOUR BANDAGE until 5 days after surgery. It is important to keep your incision covered and dry at all times. If your bandage needs to be replaced sooner, you should contact the clinic.

### **Showering**

You may shower 2 days after surgery keeping your incision dry with a watertight bandage or plastic bag placed over the arm and sealed securely. Sponge baths are allowed prior to this time. You may get the incision wet starting at 14 days after surgery.

### **Warning signs**

If you have green/yellow drainage, fever > 101, chills or pain not controlled by the pain medications please call the clinic (650-493-5000 x66101) during daytime working hours or the VA operator afterhours and weekends and ask for the orthopedic surgeon on-call.

### **Follow-up**

Generally, patients follow-up 10-14 days after surgery. We also encourage contacting a physical therapist as soon as possible following surgery.

SHOULDER POST OPERATIVE EXERCISES

HAND - 17 Active Range of Motion  
Wrist Flexion/Extension



Actively bend wrist forward then backward as far as you can.  
Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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HAND - 39  
Elbow Flexion and Extension: Active Range of Motion



With palm either UP DOWN THUMBSIDE UP gently bend elbow as far as possible. Hold \_\_\_\_\_ seconds. Straighten arm back out as far as possible.

Repeat \_\_\_\_\_ Repetitions/set. Do \_\_\_\_\_ Sets/session.

Do \_\_\_\_\_ Sessions/day.

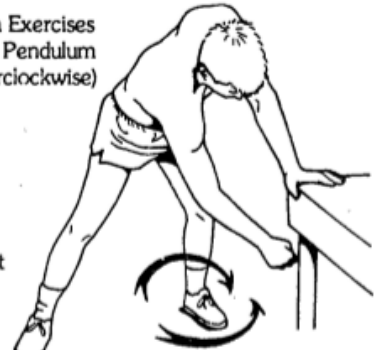
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SHOULDER - 26  
Range of Motion Exercises  
(Codman's Exercises): Pendulum  
(Clockwise/counterclockwise)

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.



SHOULDER - 25  
Range of Motion Exercises  
(Codman's Exercises):  
Pendulum (side-to-side)

Gently move arm from side to side by rocking body weight from side to side. Let arm swing freely.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

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