



ADVANTAGE ORTHOPAEDICS, P.C.

William O. Thompson, MD

**695 Dutchess Turnpike
Poughkeepsie, NY 12603
(845) 473-2100
(845) 473-2910 Fax**

**525 East 71st ST
New York, NY 10021
(212) 606-1733
(845) 473-2910 Fax**

POST-OPERATIVE INSTRUCTIONS

SHOULDER ARTHROSCOPY / ACROMIOPLASTY / DISTAL CLAVICE EXCISION

1. Rest the day of surgery. Your arm will be in sling following surgery. You may discontinue the sling the following day as comfortable. Apply Ice Packs as often as possible the first 3-4 days (20 minutes per each hour) as necessary to reduce pain and swelling. Continue to ice after Physical Therapy sessions.
2. Take an Anti-Inflammatory Medication (Advil, Naprosyn or Vioxx, ect.) with food as directed whether or not you are experiencing pain. You may take a prescription or an over-the-counter Anti-Inflammatory at your preference. **If you have a history of problems with Anti-Inflammatory Medications you should not take any.**
Pain Medication (Narcotic: Vicoden or Percocet) should be taken as needed with a small amount of food. If you have any side affects from a medication, discontinue its use and call our office.
3. Remove the outer dressing and gauze wrap after 24-48 hours and cover the steri-strips loosely with band-aids. Do not use bacitracin or any ointments under band-aids. Keep your incisions clean and dry. If you wish to shower cover your shoulder with plastic or water proof band-aids (sealed on 4 sides) to keep area dry. After five days, if there has been no drainage, you may shower without band-aids, but keep direct water off the wounds and pat the area dry.
4. Notify the doctor if you develop a fever (101.5), chills, excess incision drainage, or increased numbness in arm. (Small amounts of blood tinged drainage, numbness at incision site with swelling and bruising of upper arm area to the elbow are normal findings following surgery)
5. Return to (sedentary) work or school the day after surgery, only if pain is tolerable. Returning to heavy labor or excessive lifting or reaching work will be determined by the physician.
6. You will be more comfortable if you sleep in a recliner or propped up on pillows for the first few days after surgery. It will also keep tension off the surgical site if you keep your elbow forward (in front of you) as much as possible.
7. Begin the exercises as marked on the enclosed sheet the day after surgery as tolerated.
8. Please call our office to schedule an appointment to check your shoulder 12 -14 days after surgery. If you have any questions **PLEASE** feel free to call the office.

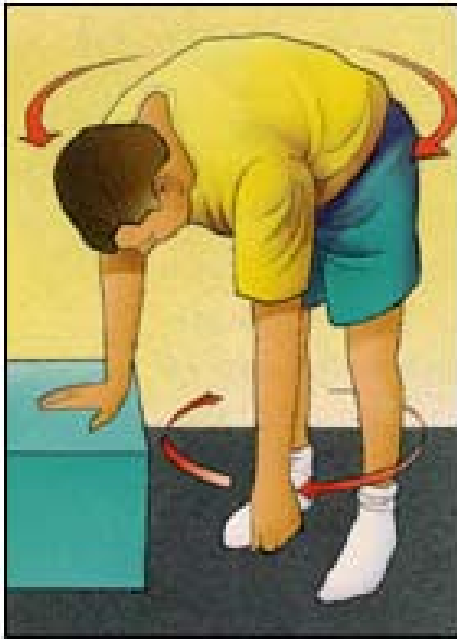


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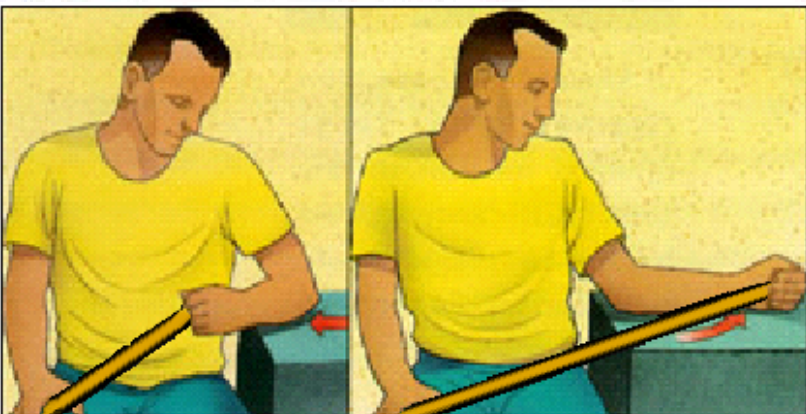
Pendulum, Circular

- Bend forward 90 degrees at the waist, using a table for support.
- Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times.
- Do 3 sessions a day.



Supported Shoulder Rotation

- Keep elbow in place and shoulder blades down and together.
- Slide forearm back and forth.
- Repeat 10 times. Do 3 sessions a day.
- Use a stick or cane for assistance.



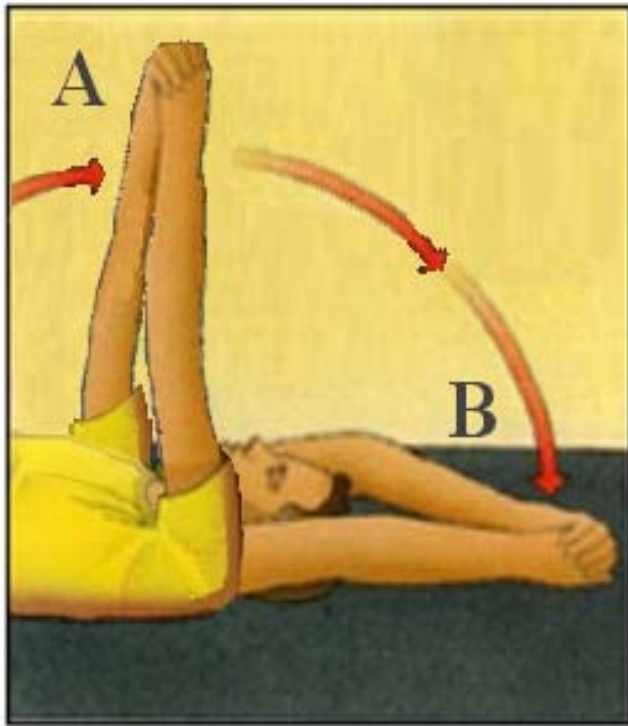


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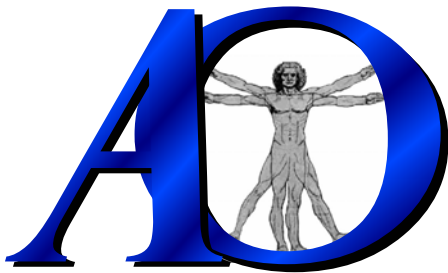
Shoulder Flexion (Assistive)

- Clasp hands together and lift arms above head.
- Should be one lying down. Keep elbows as straight as possible.
- Stop at **A** for 1st 2 weeks if labral repair, Without labral repair go to **B** as comfortable.
- Repeat 10 to 20 times. Do 3 sessions a day.



Shoulder External Rotation (Isometric)

- Stand with the involved side of your body against a wall.
- Bend your elbow 90 degrees and keep it at your side.
- Push your forearm into the wall.
- Hold for 5 seconds and then relax. Repeat 10 times.



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Shoulder Internal Rotation (Isometric)

- Stand at a corner of a wall or in a door frame.
- Place the involved arm against the wall around the corner, bending your elbow 90 degrees.
- Push your arm into the wall. Hold for 5 seconds and then relax. Repeat 10 times.

- Do the above exercises as tolerated, if you experience severe pain you should stop.
- Soreness the next day is to be expected, but should not last more than a day.
- Passive range of motion of the shoulder promoted by the above exercises is the key to a rapid recover.
- Your restoration of shoulder motion will allow formal physical therapy to begin later in the recovery. This is beneficial if your insurance coverage for physical therapy is limited by your HMO.