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Shoulder arthroscopy +/- Subacromial Decompression Subscapular Arthroscopy

Sling: For comfort as needed, may discontinue when pain is minimal.

Physical therapy: Start formal physical therapy when orders are given at your **first postoperative visit in 10-14 days**. Until then do the below listed exercises as tolerated.

WOUND CARE:

- Shower: as long as bandages are covered with waterproof covering. You may remove the sling for showering, but keep arm across the chest.
- Bandages: Can remove 2-3 days after surgery, leave white strips in place.
- After bandages have been removed may shower without covering incision sites, keep out of direct spray from water and pat dry.
- NO soaking in bathtub/hot tub or pool for first 2-3 weeks.
- Signs of infection: excessive or worsening pain, increasing redness around the incision sites, drainage from the incisions that looks like pus and/or is foul smelling, if you run a fever above 101°

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▪ PAIN/SWELLING CONTROL

- Start your **pain medication** before your block wears off if you had one with surgery.
- For the first few days take your pain medication regularly as instructed, then wean as tolerated.
- **Ice** for 20-30 minutes at least four times per day for several days. You may use it more frequently as needed. It will help in reducing pain. Avoid placing ice directly on bare skin to prevent causing frostbite and give a break of 30 minutes in between sessions.
- It will help if you **sleep** with pillows behind your back and shoulder. Some patients find it helpful to sleep in a recliner.
- When dressing, put your operative arm in the sleeve first. When getting undressed, take your operative arm out last. Loose fitting, button-down shirts are recommended.

Post operative shoulder exercises (may start 1st day after surgery)

Elbow Range of Motion

1. Remove sling.
2. With elbow bent at 90°, bend and straighten elbow as though brushing something off the front of you. Repeat 30 times, 3 times per day.

Grip Strengthening

1. Make tight fist or grip rubber ball.
2. Hold for 10 seconds. Repeat 30 times, 3 times per day.

(see page 2)

Scapula Retraction

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1. Stand with arms at side.
2. Pinch shoulder blades together as if you are trying to get them to touch in the middle.
3. Hold for 10 seconds. Repeat 30 times, 3 times per day.

*The following is to be done without using your shoulder muscles but with the assistance of the non-operative hand to make the motion, it is described as if the right shoulder has been operated on.

Supported Arm Pendulums

1. Bend over at waist. Bend Right elbow 90° and support with Left hand.
2. Using your left arm to move the right, make small circles clockwise and counterclockwise. Repeat 30 times each way, 3 times per day.