



## **ORANGE COUNTY ORTHOPAEDIC GROUP**

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***Orthopaedic Surgery · Sports Medicine · Arthroscopy***

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### **POST-OPERATIVE INSTRUCTIONS AFTER** **SHOULDER ARTHROSCOPY/LOA/SAD/MANIPULATION**

1. Remove bandages 3 days after surgery
2. Okay to shower after 3 days; do not rub incisions
3. Apply band-aids to incisions after showering
4. Use cold therapy device or ice packs over shoulder 30 minutes at time, 5 times a day
5. On evening of surgery, begin doing the following home exercise: 15 at a time, 3 x per day
  - a. Passive Lateral Arm Raise: Have an assistant detach the velcro sling portion of the brace from the side pillow. The assistant will then lift the arm laterally/sideways abducting the shoulder to about 90 degrees. Then gently lower the shoulder back down to the side. Do this 15 times, 3 times per day
  - b. Pendulum Exercises: Take arm out of sling. Bend forward and dangle your arm down. Do circular shoulder movements like a pendulum. Do 20 rotations clockwise and 20 counterclockwise three times per day. Re-apply sling.
6. Formal physical therapy will begin THIS WEEK. Okay to start PT before f/u visit.
7. Make an appointment for follow-up visit 10-14 days from surgery
8. Call doctor if you develop a fever, drainage from the incisions, increasing redness and warmth from the shoulder, worsening swelling and pain in the arm, or have any other questions or concerns.
9. See you soon!