

POST OPERATIVE ARTHROSCOPY ORDERS

YOU HAD A _____ SHOULDER ARTHROSCOPY TODAY. THE FOLLOWING ORDERS ARE TO BE FOLLOWED FOR YOUR POST-OP PROTOCOL.

- (1.) DO RANGE OF MOTION EXERCISES:
 - (A) FLEXING YOUR FINGERS INTO THE PALM & OUT.
 - (B) RANGE OF MOTION TO THE WRIST, ELBOW AND SHOULDER HOURLY.

- (2.) DO SHOULDER EXERCISES:
 - (A) SHOULDER PENDULUM EXERCISES, MAKING EASY CIRCLES, THEN BIGGER CIRCLES.
 - (B) ISOMETRIC EXERCISES, PUSHING YOUR SHOULDER OUT AGAINST RESISTANCE, THEN PUSHING IT IN AGAINST YOUR BODY, PUSHING YOUR FIST STRAIGHT FORWARD AND PUSHING YOUR ELBOW BACK.
 - (C) ACTIVE RANGE OF MOTION, AS WELL AS ACTIVELY ASSISTING YOURSELF DOING RANGE OF MOTION FOR THE SHOULDER THAT WAS OPERATED ON. TRY TO GET IT FLEXED OVER YOUR HEAD, THEN TRYING TO ABDUCT IT UP OVER YOUR HEAD TO THE SIDE AND EXTENDING IT BACK. THIS SHOULD BE DONE HOURLY WHILE AWAKE. YOU SHOULD BE ABLE TO MOVE YOUR ARM OVERHEAD IN FRONT OF YOU AND OVERHEAD OUT AT THE SIDE BY THE TIME I SEE YOU IN THE OFFICE FOR YOUR FIRST POST-OP VISIT.

- (3.) ICE TO THE SHOULDER APPROXIMATELY 20 MINUTES AT A TIME, THEN REMOVE. DO NOT APPLY ICE DIRECTLY TO THE SKIN, BUT THROUGH THE DRESSING.

- (4) DO NOT HOLD YOUR ARM AT YOUR SIDE. TRY TO MOVE IT AS MUCH AS POSSIBLE. THE MORE YOU MOVE IT YOU LESSEN THE CHANCES OF FORMING POSSIBLE SCAR TISSUE AND IRRITATION. YOU ARE NOT HURTING ANYTHING BY MOVING YOUR SHOULDER. I WANT YOU TO MOVE IT TO GET THE RANGE OF MOTION ASAP.

- (5) **TAKE YOUR MEDICATIONS.** ANTIBIOTICS, PAIN MEDICATIONS AND ANTI-INFLAMMATORY MEDICATIONS AS ORDERED.

- (6) **DRINK PLENTY OF FLUIDS.** THIS WILL HELP RID YOUR BODY OF THE ANESTHETIC FROM SURGERY.

- (7) SHOWER TOMORROW. REMOVE THE DRESSING, GET IN THE SHOWER, SUDS IT UP, RINSE AND DRY COMPLETELY. CLEAN THE WOUNDS WITH ALCOHOL. APPLY NEOSPORIN, BAND-AIDS AND WEAR AN OLD SHIRT. DO THIS DAILY, STARTING TOMORROW.

- (8) **NO SWIMMING, HOT TUB, JACUZZI, OR BATH TUB UNTIL DR. SEIVERT SAYS ITS OK. YOU DON'T WANT AN INFECTION!**

- (9) IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE. I AM ON 24 HOUR CALL. THE OFFICE PHONE IS (602) 265-9900.

- (10) YOUR FOLLOW UP IS SCHEDULED FOR: _____