



## Warren D. King, M.D.

Orthopedic Surgeon Specializing in Arthroscopy and Sports Medicine

### Post-Operative Shoulder Instructions

#### Affiliations

Oakland Raiders  
Director of  
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San Francisco Giants  
Orthopedic Surgical  
Consultant

San Jose Sharks  
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- Sutures-** Dissolvable sutures are located under the band aids. Do not submerge shoulder in a bath tub, pool, or hot tub for 2 weeks. Band aids may be removed in 2 weeks and no need to apply new band aids.
- Showering-** You may shower unless instructed otherwise. It is ok to wash above and below shoulder with soap and water, but do not scrub band aids.
- Sling-** The sling will be worn for the first 4-6 weeks. Sling should be worn when in public. When at home, prop shoulder up with pillows, to comfort.
- Cryo-** Ice or an ice machine is most helpful the first 3 days after surgery. After the first 3 days, if the ice feels good, or helps with pain, continue to use. It is very important to always have a towel between your skin and the ice to prevent freezing / blistering. Perform frequent skin checks and use ice on and off for 20 minute intervals during the day.
- Medications-** Take pain medications as directed. If the narcotic medication is not enough to control your pain you may try to also take Ibuprofen / Advil or Naproxen Sodium/ Aleve. Do not take these medications if they cause stomach irritation or you have been told not to take NSAIDS by another provider. You can take up to 800mg of Ibuprofen every 8 hours and can take up to 550 mg of Naproxen Sodium every 12 hours. If you are experiencing nausea you may want to try to get off all medications and take only NSAIDS and Tylenol, or go without medication.
- Physical Therapy-** Recommended start date for physical therapy depends on your exact surgical procedure, but most start physical therapy \_\_\_ weeks after surgery.

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## Shoulder Range of Motion and Post-op Strengthening Exercises

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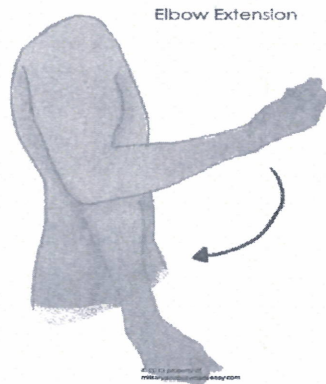
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- 1) Elbow range of motion. Extension to flexion, 3 times a day, 10 reps each, pain-free

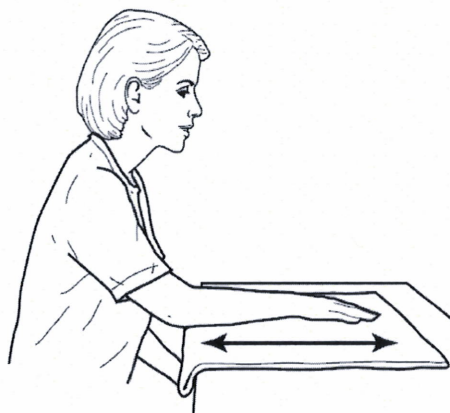


- 2) Pendulum swing



Bend forward at the waist, use a chair for support as needed. Move the arm forward and back, and in a circular motion clockwise and counterclockwise. As this gets easier bend more at the waist to increase your range of motion. Start with sets of 10 in each direction, up to 3 sessions a day.

- 3) Table Crawl. 3 times a day, 10 reps



- 4) Wall Crawl



Fig 2: Active Wall Crawl. Start by supporting your surgical arm with your good arm. Slowly use your fingers on your surgical arm to crawl up the wall or door frame. Do not push into pain. Hold for 10 seconds and repeat 3 times, up to 3 sessions a day.

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