

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 THEN 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. KEEP YOUR MOTION 0-90 DEGREES FLEXION AND ABDUCTION. 0 DEGREES EXTENSION AND EXTERNAL ROTATION.

- (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 SCAR TISSUE AND IRRITATION. I WANT YOU TO STAY WITHIN THE RANGE OF MOTION GIVEN ABOVE.

- (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 IT'S 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 APPOINTMENT IS FOR: _____.