

### **Shoulder Pre-op Handout Instruction Sheet**

- 1) Take your issued shoulder sling / immobilizer to the hospital the day of surgery. If you do not have one then you will receive it on the day of surgery
- 2) Sling / Immobilizer: The most important part of your early post-operative care is the protection of your surgical repair. Please wear the shoulder sling / immobilizer at all times to include sleeping, with exception of the brief time you are performing physical therapy exercises (listed below).
- 3) Ice Pack: Use as needed to help with pain relief.
- 4) Pain meds: take pain medication as prescribed.
  - a. Can **NOT** drive while taking pain meds (D.U.I.)
  - b. Can **NOT** drive while in sling
- 5) Driving: Make transportation arrangements in advance so you can attend your physical therapy and orthopedic appointments.
- 6) Make sure you schedule and that you attend a physical therapy post-op appt. within 3-5 days of your surgery.
- 7) The following exercises should be performed (10-20 repetitions, 3-4 times per day).

## Modified Pendulums



*Lean over and let arm hang limp **in sling**. Unlike this picture, support the affected arm by placing your hand under the elbow. Using your non-surgical arm, gently and slowly move your operated arm forward and backward, side to side, and in clockwise and counter clockwise circles. Perform 10-20 repetitions in each direction. Ok to perform out of sling if comfortable.*

## Elbow/Wrist/Hand Range-of-Motion



Keeping your thumb pointed to ceiling, simply bend and straighten your elbow. Then rotate your elbow by pointing your thumb to the right and to the left. Also, bend and straighten the wrist and fingers. Include hand gripping exercises using the therapy putty.

## Pendulum-Swing Exercise for the Shoulder



If you have pain in your back, do not do this exercise.

- While holding onto a table or the back of a chair with your good arm, bend forward a little and let your injured arm hang straight down.
- This exercise does not use the arm muscles. Rather, use your legs and your hips to create movement that makes your arm swing freely.
- Using the momentum from your hips and legs, guide the slightly swinging arm back and forth like a pendulum (or elephant trunk), then in circles that start small (about the size of a dinner plate) and gradually grow larger each day as pain allows.
- Do this exercise for 5 minutes, 5 to 7 times each day even while your shoulder is still tender from an injury or surgery.
- As you have less pain, try bending over a little farther to do this exercise. This will increase the amount of movement at your shoulder.