



Post-Op Shoulder Instructions

You're having a labral repair and the team at CISM has put together this instructional packet to help you understand what to expect following surgery and what you should be doing to get the best possible outcome from your procedure. If you have any questions or concerns, feel free to call us at (719) 344-9497.

Your Follow-up Appointment is: _____

What to Expect:

Following surgery there are some things to be ready for that are a normal part of the recovery process. These include:

- Pain
- Swelling that may extend down the arm
- Bruising that may extend down the arm and/or onto the chest
- Potential numbness and tingling on the involved arm
- Decreased or no muscle control in the involved arm

As a factor of the symptoms listed above, it is also common to have difficulty sleeping.

Some additional points to be aware of:

- You will have a dressing on your wound. It is important to leave all dressings on until you see your doctor. Steri-strips should fall off on their own and should not be removed early.
- Until instructed by your PT, your sling should be worn continuously (this includes the abduction pillow).
- It is normal to have neck pain following your procedure that may lead to headaches. This is a factor of the surgery and wearing a sling.
- You should begin your exercises immediately. You should NOT wait until a few days after surgery to begin doing the exercises listed below.

Precautions:

- Do not extend the shoulder past the body. A small pillow or towel should be placed behind the elbow when lying down to avoid extension. (It is best to always be able see your elbow, that way your arm is never extending too far)
- No excessive shoulder motion behind the back (Internal Rotation), such as reaching for your back pocket.
- No excessive stretching of the shoulder into External Rotation (Avoid moving the hand away from the body)
- No lifting of objects.

- No supporting of body weight by hand on involved side.
- Avoid shoulder active range of motion (don't move your arm).

Icing Instructions:

- Icing helps reduce swelling and pain following surgery
- Ice for no more than 20 minutes at a time with at least an hour between sessions to allow for blood flow to return
- Place a thin barrier (such as a pillowcase or towel) between the ice and your skin
- Ask your CISM representative about your icing options

Home Exercise Program:

It is important to avoid actively moving your shoulder following surgery. However, letting the shoulder passively move is beneficial to keep the joint from getting stiff. It is also helpful to work the hand and forearm to maintain good blood flow through the arm.

The following exercises should be done at least 3 times a day, starting immediately, on the days that you do not come in for your therapy. The sets and repetitions are listed alongside the exercises.



PENDULUM FORWARD BACK - CODMAN

Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Your injured arm should be fully relaxed.

Duration 60 Seconds

Complete 3 Sets

Perform 3 Times a Day

PENDULUM LATERAL - CODMAN

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.



Duration 60 Seconds

Complete 3 Sets

Perform 3 Times a Day

PENDULUM CIRCLES - CODMAN

Shift your body weight in circles to allow your injured arm to swing in circles freely. Your injured arm should be fully relaxed.

You should do both clockwise and counterclockwise circles.



Duration 60 Seconds

Complete 3 Sets

Perform 3 Times a Day

SLING - BALL SQUEEZE

Grip a small ball or small rolled up towel and squeeze it with your hand. Repeat.



Repeat 30 Times

Complete 3 Sets

Hold 3 Seconds

Perform 3 Times a Day

SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 15 Times

Complete 3 Sets

Perform 3 Times a Day



The following two movements are stretches for your neck. Wearing a sling for long periods of time along with sleeping in an inclined position (such as in a recliner) can lead to tightness and pain up the neck. Doing these stretches daily can help you avoid this added discomfort.

UPPER TRAP STRETCH



Begin by retracting your head back into a chin tuck position. Gently tilt your head towards the opposite. Hold and then repeat.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 3 Times a Day

LEVATOR SCAPULAE STRETCH



Tilt your head to the side, then rotate to the side, then tip downward as in looking at your opposite pocket.

You should feel a gentle stretch at the side/back of your neck.

Repeat 3 Times
Complete 1 Set

Hold 30 Seconds
Perform 3 Times a Day

Pre-Op Checklist

- Do you have a driver?
- What is your house situation?
 - Pets? _____
 - Flooring? (Carpet, wood, etc.) _____
 - Remove all throw rugs?
- What is your sleeping situation?
 - Near a bathroom?
 - Near a kitchen?
- Do you have stairs?
 - Railing?
 - How many? _____
- Do you have help during the day?
- Pain control?
 - Stay ahead
- Use of a cooling device
 - Ice packs
 - Ice machine