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SHOULDER ARTHROSCOPY AND SUBACROMIAL DECOMPRESSION

Patient Name: _____ Date: _____

Post Op: Use cryocuff or ice as much as possible for first 2 days, then as needed for pain.

- Change dressing to light gauze daily for first 4 days, then leave open to air.
- You may shower on post-op day **3**. Keep wound area somewhat dry with plastic over dressing, then change dressing after shower.
- Sleeping in a propped or partially sitting position is more comfortable as shoulder is kept elevated.
- First post-op check up is 7-10 days for suture removal.
- Call for temperature > 102 degrees, excessive swelling, pain or redness around wounds.

PHYSICAL THERAPY:

Week 1: Take arm out of sling or cryocuff and move below elbow, wrist and hand at least **4** times a day. You may discontinue the sling when comfortable.

Week 2-4: Start physical therapy; modalities to decrease pain and swelling, active elbow, wrist and hand exercises. Active assisted r.o.m. can begin as well as passive stretching to regain full motion and prevent post-op stiffness.

Week 5-8: Start strengthening program with theraband, especially rotation to strengthen subscapularis and infraspinatus. Also start closed chain exercises for scapula stabilization. Week 6 advance to pulleys and light weights.

Week 8: Sport specific training or work hardening as needed.

FREQ: _____ DURATION: _____

SIGNATURE: _____, M.D.

ADDITIONAL COMMENTS: _____

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