



Name: _____

Date: _____

POST PROCEDURE PROTOCOL FOR SHOULDER PROCEDURES

- **No NSAIDS** such as Advil, Motrin, ibuprofen, Naprosyn, and Aleve x 2 weeks
- **Pain:** Tylenol for mild pain and if needed use mild narcotic provided.
- **Bracing:** If recommended, use sling during sleep the first 2 nights if able. Sleep is more important so if you cannot sleep and use the sling, feel free to remove it.
- **Driving restrictions:** No driving until you can safely shift and steer the vehicle.
- **Work restrictions:** Depends on duration of lifting restrictions
- **Exercise restrictions:** 2 weeks relative rest then 4 weeks progressive PT.

- Use sling for ____ days, coming out to flex and extend the elbow twice daily
- NO ACTIVE** lifting above shoulder height x 1 week; may do **PASSIVELY** after day 3
- Do not actively rotate arm away from your body (keep hand between belly & your side) for 7 days and avoid sudden reaching out to side or behind you for 2 weeks.
- You can do simple pendulum exercises to help prevent a stiff shoulder
- f/u for PT in 4-7 days



Activities: In general, with strength and activities, keep pain level below 4/10.

First 2 Weeks:

- Strengthening/Motion:** Isometrics are good for muscles and pain control. Gentle assisted and passive range of motion is good. PT will help with gentle range of motion.
- Walking:** No restrictions.
- Cycling:** May do gentle ride on stationary bike for 10-15 minutes, then 30 minutes after week 1.
- Swimming:** No swimming for the first 2 weeks.
- Throwing/rock climbing/tennis:** None of these the first 2 weeks.

Weeks 2-4:

- Strengthening/Motion:** Start gentle low load concentric/eccentrics with PT. Work on progressive motion using the other arm or stick.
- Cycling:** No restrictions except would stay on exercise bike until 4 weeks.
- Swimming:** May begin gentle kicking and pool walking.
- Throwing/rock climbing/tennis:** No throwing/rock climbing until after 6 weeks. May begin 10-15 minutes of ground strokes (noncompetitive) at 4 weeks.

Weeks 4-6:

- Strengthening/Motion:** Progress to moderate loading and progressive strengthening. Work on regaining full range of motion by 4-6 weeks.
- Cycling:** May do gentle road biking and trail biking; avoid mtn biking until 6 weeks.
- Swimming:** May try some gentle breaststroke for a few laps. Use buoy for rest.
- Throwing/rock climbing:** Can begin some pre-climbing/throwing exercises with PT. Anticipate return to gentle climbing and return to throwing program at 6 weeks.