
ACTIVITY RELATED QUESTIONS

WHAT ARE THE OPTIONS AND SCHEDULE FOR REHABILITATION?

You will have the option to perform your own rehab at home as directed by my team, or to work under the guidance of a formal physical therapist. I will help you decide which choice is best for you depending on the stage of recovery. The rehabilitation will typically progress in 3 stages.

- 1. Early post-surgery-** In this stage you will perform some gentle range of motion stretching exercises yourself at home. I will teach you the necessary stretches to perform.
- 2. Range of motion phase.** In the second stage of rehab you will work to recover a full range of motion. You may work under the guidance of a therapist during this stage. The time to begin and duration this phase takes to complete is highly variable and depends on your exact procedure. In most cases it is normal to experience mild discomfort during the stretching exercises. I will inform you what to expect both before and after your surgery.
- 3. Strengthening phase.** The last stage of rehabilitation is dedicated to strength recovery. Usually, guidance from a physical therapist is helpful to regain good strength recovery. There should be very little to no discomfort during strengthening exercises. During this phase, most patients feel as if they are gaining their normal shoulder back. The duration again depends on the particular procedure performed.

WHAT CAN I DO IN THE SLING?

I encourage you to move your hand and fingers frequently to help minimize stiffness and swelling. Otherwise, generally it is a good idea to avoid significant use of the hand. You are in the sling to REST your shoulder so that it can heal. That being said, you can use your hand to carry light objects. You may use your hand for light writing and keyboarding. Please be very diligent about bringing the keyboard to your lap so you do not have to reach forward with your shoulder. You should avoid moving the shoulder other than as directed for your daily home therapy program.

WHEN MAY I REMOVE MY SLING?

You may remove the sling for a shower and two or three times per day to perform your gentle shoulder stretching exercises. You can loosen it if you are sitting watching TV. Prop the arm in a comfortable position. It is important to wear the sling to bed unless otherwise directed!

WHEN CAN I DRIVE?

Generally, you may drive when you and your family feel it is safe for you to do so. Keep in mind, if you are in a sling, then you must drive with the opposite arm and only use the sling hand as an assist on the bottom of the steering wheel. You should generally feel no sedative effects from pain medications, or be off them entirely. Also keep in mind that studies have shown that individuals in a sling are less effective drivers in an emergency situation. It would seem to reason that if you are still in a sling and do happen to get in an accident, then you may be more likely found with fault. So I would say, drive only as necessary and when you feel safe during your early recovery.

CAN I MESS UP THE SURGERY?

Definitely...you developed an injury to your God given, once perfect shoulder; therefore it is certainly possible to reinjure a repaired shoulder. Fortunately, re-injuries are rare and usually require a significant force. Just stick close to the recommended rehab program and you should be fine. Your rehab program will be individually selected to maximize your chances for healing and to minimize the chance of re-injury and complication

WHAT SIGNS MIGHT SUGGEST A PROBLEM DEVELOPING?

Thankfully arthroscopic shoulder surgery is very safe in general. Complications are very rare but still do occur. It is not practical to list every potential complication with its presenting symptoms as they will vary greatly with each individual procedure. However, if you have any concerns or if you have any questions please call my office. We will discuss your concerns and if necessary see you ASAP.

If you EVER feel it is an emergency immediately call 911 and go directly to the hospital.