

COMMENTS:

SHOULDER CARE TIPS:

DO:

- Stand tall and erect so your shoulders will naturally roll backwards
- Sit straight up in chair or sofa
- Keep shoulders warm and agile by gently swinging your arms several times each day
- Exercise slowly and carefully if you have a limited range of motion

DON'T:

- Continue to exercise if pain is present
- Go beyond comfortable range of motion
- Slump shoulders
- Try to lift or fetch heavy objects above head- use a stool or wait for assistance

POST-OP PRECAUTIONS (~2 WEEKS AFTER SURGERY):

- Use log roll technique to get in/out of bed
- NO TWISTING of trunk/abdomen; no abdominal bracing
- NO HEAVY LIFTING greater than 5-10 lbs.
- NO SHOULDER ROM GREATER THAN 90 DEGREES (level of shoulders) until drains are removed or cleared by the medical staff
- NO HEAT OR ICE PACKS over incisions or surgical flaps
- NO DRIVING until cleared by your physician
- NO PRESSURE OVER CENTRAL CHEST AREA; If you have an abdominal incision, you may use a pillow to splint over the abdominal incision only
- When using a seat belt in the car, place pillow between your chest and seat belt strap
- Normal activities of daily living are recommended (bathing, dressing, cooking, etc.) as long as you follow the above precautions
- At 2 weeks, you may begin a progressive walking program, and, if able, safely, in a pain free range of motion, begin full range of motion of your shoulders
- Follow up with Outpatient Physical Therapy after you are cleared by your surgeon for restoration of arm function.



GETTING IN BED:

Start by sitting on the edge of the bed. Next, lower your self down lying on your side using your arms. Once fully on your side, roll onto your back. When rolling be sure y our knees stay bent and that you roll your whole body together as one unit. Your shoulders, pelvis and knees all roll as one.

GETTING OUT OF BED:

Start by bending your knees and then roll onto your side. Reach your arm across your body to initiate the rolling. When rolling, be sure that you roll your whole body together as one unit. Your shoulders, pelvis and knees should all roll together. Once on our side, tip yourself up to sitting using your arms.

WAND FLEXION - SUPINE:

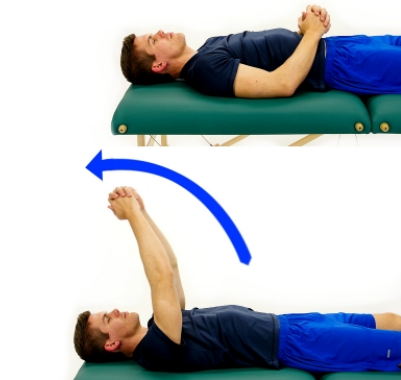
Repeat 10 Times
Hold 3 Seconds
Perform 2 Time(s) a Day



Lying on your back and holding a wand/cane, slowly raise the wand towards overhead. If you have drains, stop once the wand/cane is at 90 degrees (in line with your eyes). If you do not have drains, go as far back as you can tolerate.

CLASPED HAND FLEXION:

Repeat 10 Times
Hold 3 Seconds
Perform 2 Time(s) a Day



While lying on your back with your arm at your side, clasp the hand of the affected arm and slowly raise it up upwards and towards overhead. If you have drains, do not go any further. If you have no drains, you may raise your arm as far back as you can tolerate.

Both arms can help to raise the arm.

SHRUGS:

Repeat 10 Times
Hold 3 Seconds
Perform 2 Time(s) a Day



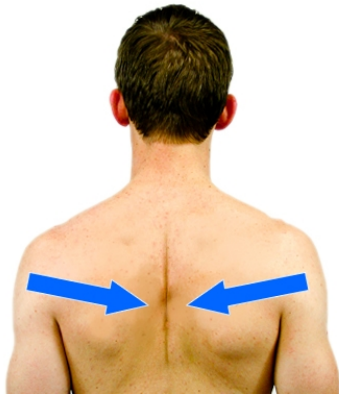
Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.

SHOULDER ROLLS:

Repeat 10 Times
Perform 2 Time(s) a Day



Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort. Repeat in circular pattern in reverse.



SCAPULAR RETRACTIONS:

Draw your shoulder blades back and down.

Repeat 10 Times
Hold 3 Seconds
Perform 2 Time(s) a Day



AROM SHOULDER EXTENSION:

With your affected arm starting at your side, draw your arm back behind your waist. Keep your elbows straight.

Repeat 10 Times
Hold 3 Seconds
Perform 2 Time(s) a Day



ELBOW FLEXION EXTENSION:

Bend your elbow upwards as shown and then lower to a straighten position.

Repeat 10 Times
Hold 3 Seconds
Perform 2 Time(s) a Day