



SHOULDER ARTHROSCOPY WITH BANKART REPAIR POST-OPERATIVE INSTRUCTIONS AND HOME EXERCISE

You are recovering from reconstructive shoulder surgery.

The following information is to help make your recovery as smooth and rapid as possible.

1. Keep your dressing on for three days. Do not get it wet. You may shower by wrapping plastic wrap over your shoulder dressing. After three days, the bandages may be removed and the wounds covered with clean dressings. Keep the wounds dry until your first visit after surgery.
2. Keep your arm at the side for showering and clothing changes. Post-operative bleeding is not unusual. Reinforce your dressing as needed. If you have concerns about the amount of bleeding, please call the office.
3. Wear your sling and/or abduction pillow at all times. It should not be removed for the first two weeks post-op. It may, however, be removed carefully for showering and clothing changes.
4. Use your cold therapy unit, if you have one, as directed until you are seen in the office. Wear it over your clothing. Change the water every four hours while awake.
5. You may begin the exercises on page two. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
6. Post-operative pain should be controlled by the prescriptions given to you.
7. You will be seen in the office within a week for follow-up. Please call our office listed below if you have any questions or concerns.



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Passive Elbow Flexion

Use your good hand to bend the elbow of the arm that had surgery. Also using your good hand, slowly lower the arm so it is straight. Repeat 15-30 times. Do this 4-6 times per day.



Active Wrist Extension/Flexion

While wearing the sling, bend your wrist up and down. You may also bend your wrist from side to side and turn your hand from palm facing up to palm facing down (not shown in picture). Repeat 30 times. Do this 4-6 times per day.



Ball Squeezes

Place a soft rubber ball into your hand while you are wearing your sling. Gently squeeze the ball and hold the contraction for 3-5 seconds, then slowly relax. Repeat 30 times. Do this 6-8 times per day.