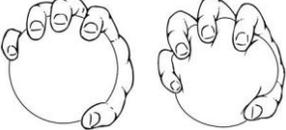
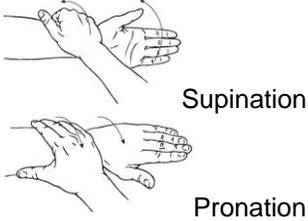


POST OP SHOULDER PHASE 1 ROM (day 1-2 weeks)

| | | |
|---|--|---|
| <p>Grip Wrap your fingers around a soft spongy ball. Grip the ball 50-60 times or 2-5 minutes.</p> | <p>Repeat 3-4 x per day</p> |  |
| <p>Passive Flexion & Extension Hold your wrist and gently bend your elbow, bringing your hand towards your shoulder. Hold 10 seconds. Keep holding your wrist as you straighten out your elbow.</p> | <p>10 Repetitions Repeat 4-6 x per day</p> |  |
| <p>Passive Pronation & Supination Undue the bottom two straps of the brace. Hold your wrist and gently rotate your hand so your palm is facing upward (supination). Hold 10 seconds. Then rotate your hand so the palm is facing downward (pronation). Hold 10 Seconds</p> | <p>10 Repetitions Repeat 4-6 x per day</p> |  |

Post Operative Incision Care

- Change the gauze dressing daily until there is no drainage on it (usually 2-3 days), use paper tape to keep in place.
- Leave the steri strips (white tapes) in place for at least 2 weeks.
- For the first week you must keep your shoulder DRY when showering.
 - It is best to have a “sponge bath” as it is difficult to shower without getting the area wet.
 - Do NOT sit in a bath tub to bathe as it is very difficult to get out with one arm.
- After one week you may shower and let water run down your arm.
 - Do not scrub the incision(s) with soap or put ointment/lotion/scar cream on the incision(s).
- No soaking your shoulder in a bath tub/hot tub/lake/swimming pool for one month.
 - Even though it is your shoulder water will likely splash onto your incision(s)
- After six weeks you may massage the incision with lotion/scar cream, this helps break up any scar tissue that may form.

Please wear your sling along with the abduction pillow at all times if you were given one.

Please give 72 hours notice for refills on pain meds. Pain meds cannot be called into the pharmacy!