

Care for your Shoulder

Please adhere to the post-discharge care instructions strictly until you have seen the physiotherapist/doctor in the outpatient clinic. This is to ensure that you have a successful recovery.

Arm	<input type="radio"/> Left <input type="radio"/> Right
Condition/ Surgery	<input type="radio"/> Anterior instability <input type="radio"/> SLAP repair <input type="radio"/> SSP/ISP repair <input type="radio"/> SSC Repair <input type="radio"/> Tenotomy / Tenodesis of biceps <input type="radio"/> ACJ surgery <input type="radio"/> Manipulation Under Anesthesia <input type="radio"/> Others: _____

Precautions (*strike off inappropriate and tick those appropriate)	
<input type="checkbox"/>	Do not use the arm that had undergone surgery, even for simple activities.
<input type="checkbox"/>	Your operated shoulder should be in the sling at all times, including sleep, except when you are showering or exercise.
<input type="checkbox"/>	No weight supporting: Do not lift, push, pull or bear weight through your operated arm.
<input type="checkbox"/>	Do not place your affected arm behind your back or waist.

Shoulder Protection (*strike off as appropriate)



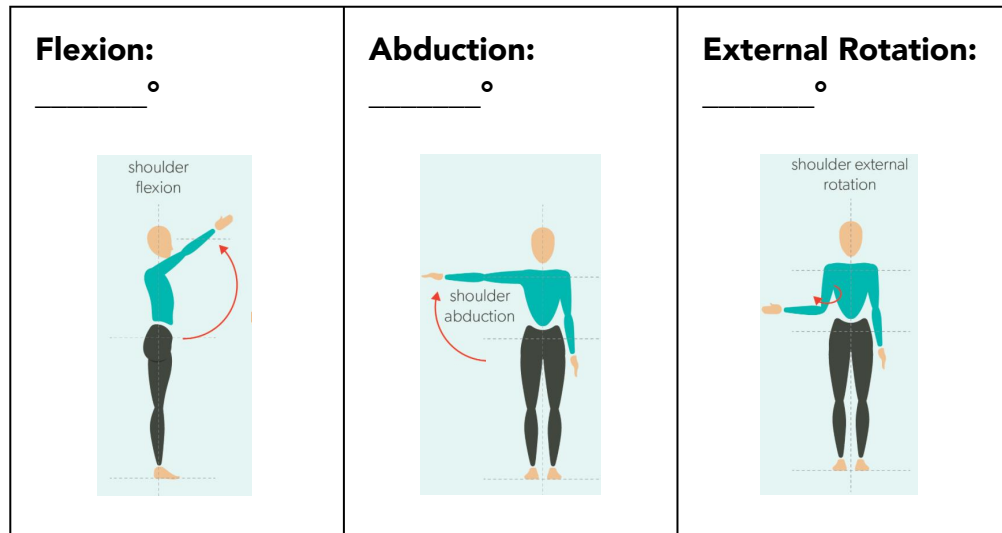
No movement (immobilise): You are not allowed to move the shoulder.



Passive movement: You are allowed to move the shoulder only with assistance. Otherwise, please do not move the shoulder at all.



Active movement:



Images from: <http://yww.yogaru.ie/pause/anatomy-101-the-shoulders>

You are allowed to move the shoulder within the range of motion set by the medical team.



Movement as tolerated: You are allowed to move the shoulder as much as you wish to do.

What should be expected?

It is common to still experience pain and swelling after surgery and you will be prescribed medication to cope with it. Consume your medication as prescribed if the pain affects your sleep, ability to perform your usual routine or participate in post-operative exercise.

How else can I manage my pain?

Cryotherapy (cold therapy)

The application of cryotherapy for about 20 minutes over the area of surgery can help with pain relief and reduction of swelling. It is advisable to use it at least 3 times a day after surgery.

Types of Arm sling



Image from:
<https://www.djoglobal.com/products/donjoy/ultrasling-iii-er>

Slingshot Brace

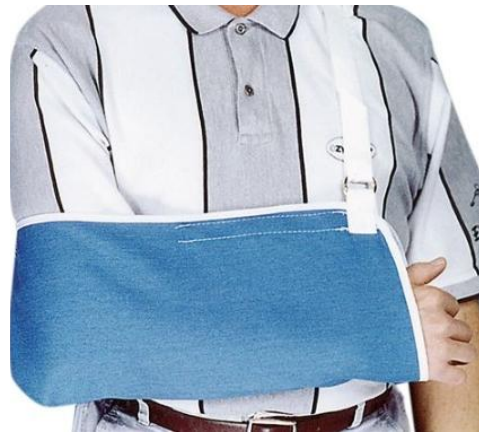


Image from <https://www.alimed.com/universal-arm-sling.html>

Universal Sling

Tips to manage at home

- Daily use: Avoid use of your operated arm when showering/changing.
- Sleeping: Sleep on your back OR on your unaffected side, supporting your brace with a bolster to keep your arm elevated.
- Dressing: Wear a button shirt or singlet with wide arm holes.
- Slide the armhole up your operated arm first before sliding your head/unaffected arm into the shirt.
- Showering: To wash under the operated arm, lean your trunk forward and allow the arm to hang down.

Physiotherapy exercise after surgery

You will be provided with an individualized exercise sheet to be performed after surgery. Do not do other exercises that are not prescribed by your post-operation physiotherapist/doctor. This is to ensure that you do not do any excessive/unsafe exercises.

Attending Physiotherapy after discharge from the hospital:

The medical team has scheduled you for an appointment with the outpatient physiotherapy department to continue with the next stage of your recovery. It is very important that you follow up to achieve the best outcome. Bring your exercise sheet along with this educational brochure on your initial visit.

If you have any queries, you can always seek advice from your physiotherapist/doctor during your outpatient appointment. In the meantime, it is important to follow this guide until you attend your outpatient physiotherapy appointment.



Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

Information shared is accurate as of December 2023 and subject to revision without prior notice.



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