

# Shoulder Surgery Recovery Over 100 Tips And Strategies To Make It Much Easier

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### **Your Care After Shoulder Arthroscopy**

surgery You may also get a nerve block to help control pain The nerve block makes your shoulder and arm feel numb This feeling may last for many hours after surgery The pain is less while the nerve block works (most often 12-18 hours after surgery) Make sure you take your pain medicine around the clock after surgery...

### **Arthroscopic shoulder stabilisation**

Stiffness of the shoulder (affects 1 to 2 out of every 100 patients treated) This is rarely permanent and usually improves over a three to six month period Re-dislocation (affects less than 5 out of every 100 patients treated) Are there any alternatives to surgery? Surgery ...

### **PHYSICAL THERAPY PROTOCOL AFTER ROTATOR CUFF REPAIR**

shoulder wet Use this opportunity to do pendulum exercises as the hot water will allow you to move your shoulder with less discomfort • It may also be easier to manage dressing if your wear a shirt which buttons in the front or a garment which is loose and can easily be pulled over ...

### **Long-term activity restrictions after shoulder ...**

Long-term activity restrictions after shoulder arthroplasty: an international survey of experienced shoulder surgeons Robert A Magnussen, MDa,\* , William J Mallon, MDb, W Jaap Willems, MD, PhDc, Claude T Moorman III, MDa aDuke Sports Medicine, Duke University Medical Center, Durham, NC, USA bTriangle Orthopaedic Associates, PA, Durham, NC, USA cDepartment of Orthopedic Surgery ...

### **Post-operative Instructions for Shoulder Arthroscopy with ...**

Post-operative Instructions for Shoulder Arthroscopy with Labrum Repair (including SLAP repair or Bankart repair) Dr Jeffrey J Mair, DO PAIN: You will be sent home from the surgery center with ...

### **Anticipated Post-operative Work Status and Restrictions ...**

1260 Innovation Pkwy, Suite 100 Greenwood, IN 46143 3178845161 OrthoIndycom ScottGudemanMDcom Rev 5/15 Anticipated Post-operative Work Status and Restrictions for Shoulder Surgery Impingement • Day of surgery ...