

## **Post-Operative Instructions: Shoulder Manipulation**

1. Use your cold therapy unit, if you have one, or ice on the shoulder as directed until you are seen in the office. Use it after therapy and as needed up to 3-4 times per day to help with pain control. May have a sling after the procedure. This is to support the shoulder until the nerve block wears off. You may discontinue the sling as soon as possible.
2. Your post-operative therapy begins on the day of surgery. Attend physical therapy as scheduled for aggressive ROM exercises and stretching. The goal is to maintain motion and prevent the reformation of scar tissue that has been limiting your motion.
3. Post-operative pain should be controlled by the prescriptions given to you. You should try to wean off of the strong pain medication prescribed at the time of surgery. Most patients can switch to extra-strength Tylenol and Motrin after the first 2 weeks.
4. If you have a fever over 101.5°, shaking, chills or increasing pain after 3-4 days past surgery, please contact us or go to the Emergency Room. Moderate pain is expected for a week or so but should gradually diminish.
5. You will be seen in the office 10-14 days after the procedure for follow-up. If you have any problems or questions please call the office at (607) 734-4110.