



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Information After Shoulder Manipulation

DIET

You may resume a normal diet.

ACTIVITY

1. We will not give you a sling because it is important to start moving the shoulder as much as you can as often as you can.
2. You may resume normal light activities as soon as possible. Avoid heavy lifting or overhead work for a few weeks.
3. You may drive and return to work when comfortable doing so as long as you are not taking the narcotic pain killers (which can make you drowsy).

PAIN

1. The first night after surgery, it is often more comfortable to sleep in a slightly upright position, such as in a reclining chair, or propped up on pillows in bed or on a couch.
2. You will be given a prescription for a narcotic pain medication which may make you drowsy. You may also take over-the-counter medication such as acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®)
3. Your pain will gradually subside each day as long as you **DO YOUR EXERCISES** and slowly increase your activity level.
4. A long-acting local anesthetic is injected into your shoulder after the manipulation while you are still asleep. This will relieve much of your pain for the first night after surgery.

PLEASE TURN THE PAGE OVER.

REHABILITATION

1. You have learned exercises to improve the range-of-motion of your shoulder. It is **IMPERATIVE** that you begin to do these exercises right away after the manipulation and continue two to three times per day until all your motion has been maintained.
2. Your shoulder motion is fully restored at the time of the manipulation, and it is up to you to maintain the motion after the manipulation.
3. It is normal to have soreness while you do the exercises; you are not causing damage by doing the exercises even though there is soreness.
4. Try doing the exercises after a hot shower, bath, or whirlpool tub.
5. Start with the easier exercises and progress:
 - a. Do the “pendulum” exercises first
 - b. Next do the exercises lying on your back and moving the arm up and out to the side
 - c. Finally, do the remainder of the exercises.

RETURN VISIT

1. You should come in for an appointment approximately one week after the manipulation.
2. One of our nurses will probably contact you one or two days after the procedure to see how you are doing.
3. If you have questions at any time, please call.