

Pre-Op Shoulder Surgery Protocol

Updated: August, 2017

- A. Sling
 - 1. Discuss proper use and discuss why needed
 - 2. Assist with fitting if needed
- B. Exercise instruction to be started day 1 after surgery
 - 1. Shrugs
 - 2. Pendulums
 - 3. A-AAROM elbow and distal joints
- C. Cryotherapy
 - 1. Start immediately after surgery
 - 2. Frequent use: 15-20 min. every 1-2 hours
- D. Discuss post-op rehabilitation principals, goals, and expected time frames