

Arthroscopic Shoulder Subacromial Decompression, Bursectomy

Overview

This is a protocol that provides you with general information and guidelines for the initial stage and progression of rehabilitation according to the listed timeframes. Specific changes may be made by the care team as appropriate given each patient's operative findings.

Questions

If you have any concerns or questions after your surgery, during business hours call **763-302-2231**. You may need to leave a message.

After hours 763-520-7870

Address

Maple Grove

9630 Grove Circle N., Suite 200

Maple Grove, MN 55369

Minnetonka

15450 Highway 7, Suite 100

Minnetonka, MN 55345

Robbinsdale

3366 Oakdale Ave. N Suite 103

Robbinsdale, MN 55422



POST OPERATIVE INSTRUCTIONS

DIET

- Begin with clear liquids and light foods (jello, soup, etc.).
- Progress to your normal diet as tolerated.

WOUND CARE

- Leave operative dressing in place for 2-3 days.
- Remove surgical dressings 2-3 days after your surgery. If minimal drainage is present, apply band-aids over incisions and change daily.
- Swelling and bleeding after surgery is normal. If surgical dressing becomes saturated with blood, reinforce with additional dressing and tape. Apply ice to the area.
- Keep your incisions clean and dry until you're seen back in clinic.
- You may shower as needed after surgery, but cover incisions with plastic bag to keep them dry. No immersion in water, i.e. bath.



More information

Blood clot (DVT) prophylaxis

- Deep vein thrombosis (DVT) is a serious condition because blood clots in your veins can break loose, travel through your bloodstream and lodge in your lungs, blocking blood flow (pulmonary embolism or PE).
- Symptoms: Swelling in the affected leg. Rarely, there may be swelling in both legs. Pain in your leg. The pain often starts in your calf and can feel like cramping or a soreness.
- Risk factors: smoking, obesity, pregnancy, oral contraceptive use, prolonged sitting and surgery
- To reduce this risk we recommend taking 325 mg Aspirin daily, if 18 yrs or older.
- Self care measures include: stop smoking, avoid sitting for long periods, and WALK.
- Deep vein thrombosis may sometimes occur without any noticeable symptoms.

MEDICATIONS

- Local pain medications were used at the time of surgery. This will wear off in 8-12 hours. If a local “block” medication was given, this could last longer.
- Most patients will require narcotic pain medications for short period of time following surgery. Take per MD request.
- If pain meds are causing nausea and vomiting, contact the office (763-520-7870)
- Do not operate or drive machinery while taking narcotic meds.
- Ibuprofen can be taken between narcotic medication doses to help alleviate pain.

ACTIVITY

- Sling can be used as needed after surgery.
- Elevate the operative arm above your chest by resting it on a pillow whenever possible to reduce swelling in your hand/arm.
- Do not engage in activities that increase pain/swelling in your shoulder such as overhead activities, reaching, lifting, pushing, pulling.
- Begin simple shoulder exercises the 1st or 2nd day after your surgery (Home exercise sheet given at discharge).
- No driving until instructed by surgeon.
- Most patients return to work within 1-3 weeks of surgery, unless your job is physically demanding, in which case patients will be kept out of work for a longer period of time.

BRACE

- Sling is typically used after surgery as needed for comfort.

ICE THERAPY

- Begin immediately after surgery.
- Ice machines can be used continuously, or ice packs every 2 hours for 20 minutes daily until post-op appointment. See page 4 for more information.

First post op visit (10-14 days)

Your first post-op appointment is 7-10 days from surgery. You will see the PA to and have the sutures removed. We will check your motion, review your surgery, and refill medications as needed. Please bring in your arthroscopic surgery photos to clinic, so we can review your case in greater detail and gain further understanding of the surgery.

**Subsequent appointments will be scheduled every 4 weeks.

What to expect after surgery

- Swelling and bruising are very typical after surgery. Ice and NSAID medications such as Aleve or ibuprofen are also important to reduce pain and swelling.
- Overhead activities are expected to be painful until the resected bone surface is recoated with fibrocartilage at 6-8 weeks after surgery. Although painful, it is safe to move the arm overhead and full range of motion should be encouraged.
- If partial rotator cuff tear is identified and debrided, slower progress will be expected. Early active range of motion is encouraged.
- Narcotic pain medications will be needed up to the first 4 weeks. Switch to acetaminophen or ibuprofen (if not contraindicated) as soon as possible.

Physical therapy

- Physical therapy (PT) is ideally attended 2x/week for the first month. This can be done in outpatient facility either with TCO or another facility close to your home or work.
- PT will include manual resistive exercises for abduction, internal rotation, and external rotation. Small weights can be used beginning at one pound and moving up to five pounds. Thera-bands may be considered for more active patients.
- Most patients return to **work** within 4 weeks of surgery, unless your job is physically demanding, in which case patients may be kept out of work for at least 4 weeks.
- Work hardening programs may be considered for specific patients.
- By 2-4 months patients will have full functional overhead activity.
- Highly competitive golfers take at least 4 months to return to full form.

ICE MACHINES



GAME READY



CRYOCUFF



POLAR ICE

Patients are not required to purchase any of these devices. They are only offered as a supplemental modality to help with pain control. Patients may use ice packs from home or any other cold therapy device

BENEFITS

- Portable ice machines
- Reduces pain and swelling
- Gives constant cold therapy

PRICE

- Call for prices

CONTACT

Jeff Olmscheid

Ottobock Medical

Phone: 612-839-1472



Narcotic Disposal

WHY YOU SHOULD DISPOSE OF YOUR MEDICATIONS

- CHILDREN ACCIDENTALLY INGESTING HARMFUL MEDICATIONS
- USE OF MEDICATIONS FOR OTHER REASONS INSTEAD OF THEIR INTENDED PURPOSE
- USE OF EXPIRED MEDICATIONS WHICH CAN CAUSE ILLNESS OR OTHER HARM

**33% OF AMERICANS REPORT THEY HAVE NOT CLEANED OUT THEIR MEDICINE CABINETS IN MORE THAN A YEAR.

FLUSH?

Proper disposal is important. Medicines flushed down the toilet contaminate water, harm wildlife and pollute drinking water. According to the Minnesota Pollution Control Agency, U.S. Food and Drug Administration and Drug Enforcement Administration, flushing medications down the toilet is not the best way to get rid of unused medications.

HOW YOU SHOULD DISPOSE

1. Bring your medications to a local drug take-back location. (see list below)
2. The DEA has two National Drug Take Back Days every year across the U.S.
 - a. Go to the DEA, Diversion Control Division website for more information
https://www.deaddiversion.usdoj.gov/drug_disposal/takeback/
3. Some drug take-back programs offer mail-back programs
4. You should only flush medications if it's indicated by the medication instructions
5. If you are unable to bring your medications to a drug take-back location, you can throw away medications by:
 - a. Mixing them with sawdust, kitty litter or coffee grounds.
 - b. Sealing the contents in a plastic bag.

LOCATIONS TO DISPOSE

Brooklyn Center

Hennepin County District Court Brookdale
6125 Shingle Creek Pkwy, Brooklyn Center, MN
Hours: Mon-Thurs 9 a.m. - 9 p.m.
Fri & Sat 9 a.m. - 5 p.m.
Sun Noon - 5 p.m.

Brooklyn Park

Hennepin County Sheriff's Patrol Headquarters
9401 83rd Ave. N., Brooklyn Park, MN
Hours: Mon-Fri 8 a.m. - 4:30 p.m.

Edina

Hennepin County Library - Southdale
7001 York Ave. S., Edina, MN
Hours: Mon-Thurs 9 a.m. - 9 p.m.
Fri & Sat 9 a.m. - 5 p.m.
Sun Noon - 5 p.m.

Golden Valley

Golden Valley Police Department
7800 Golden Valley Rd, Golden Valley, MN
Hours: 24 hrs a day, 7 days a week

Maple Grove

Maple Grove Police Department
12800 Arbor Lakes Parkway N, Maple Grove, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis

Hennepin County Public Safety Facility
401 4th Ave. S., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis Police Department

1st precinct
19 N 4th St., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minneapolis Police Department

4th precinct
1925 Plymouth Ave. N., Minneapolis, MN
Hours: 24 hrs a day, 7 days a week

Minnetonka

Hennepin County District Court Ridgedale
12601 Ridgedale Drive, Minnetonka, MN
Hours: Mon-Thurs 9 a.m. - 9 p.m.
Fri & Sat 9 a.m. - 5 p.m.

Osseo

Osseo Police Department
415 Central Ave., Osseo, MN
Hours: Mon-Thurs 7:30 a.m. - 5 p.m.
Fri 7:30 a.m. - 11:30 a.m.

Spring Park

Hennepin County Sheriff's Water Patrol
4141 Shoreline Drive, Spring Park, MN
Hours: Mon-Fri 8 a.m. - 4:30 p.m.

For more information
Visit hennepin.us/medicine
or call 612-348-3777.