

Dr. Jothi Murali-Larson
SMART Orthopaedic Surgery
Shoulder Manipulation Under Anesthesia
Postop Instructions

Ice:

Follow the instructions for the cooling cuff if you have one, or use bags filled with ice. You should ice the shoulder as much as possible in the first week.

Exercises:

Once the nerve block wears off, you should discontinue use of the sling. Try to move your shoulder as much as possible. This will cause some pain, but it is very important that you move your shoulder quickly and often to regain motion and prevent your condition from setting in again. Your physical therapy sessions should begin as soon as possible, either the day of or the day following the procedure. Do your exercises at least 3 x daily.

If you are unable to start physical therapy the day following the procedure, see:

<https://orthoinfo.org/en/diseases--conditions/frozen-shoulder/>

The above link will give you more information about your condition as well as exercises that are mandatory to start as soon as possible following the procedure.

Pain control:

You will receive more detailed instructions about the nerve block. You should start to take the pain medication prescribed before the nerve block wears off (i.e. tonight) so that you can stay ahead of the pain. You may be given an anti-inflammatory medication; take this as prescribed. You will also be given a prescription for an anti-nausea medication in case you need it.

Questions?

Please call the office at 408 364 1673.