



Tidewater Orthopaedics  
*Specialized Care You Can Trust*

# Arthroscopic Acromioplasty, Debridement, or Excision of Distal Clavicle

Loel Z. Payne, M.D.  
Post-Operative Instructions after Surgery

## Helpful Hints & Important Precautions for Patients

### DIET

- May resume clear liquids and light foods after surgery (jello, soup, etc.)
- Progress to your normal diet as tolerated as long as you are not nauseated.
- Many surgeries are done without general anesthesia. This allows you to resume a diet quicker with less nausea.

### PAIN MANAGEMENT

- The first 1-2 days are the hardest – but there will be improvement
- Surgery pain stems from multiple factors and you should address each of these to control the pain. Below is a chart to explain our multimodal pain control plan. I have also enclosed a QR code for a video on pain control.

### Preoperative pain management

#### 1. Nerve block

- Anesthesia injections numbing medication around the nerves that go to the shoulder
- This helps greatly with pain control and decreases your need to take narcotic medications. I would strongly encourage you to have the block as it does significantly help with pain after the procedure.
- **Begin taking your pain medication before this medicine wears off**
  - This is usually about 6 to 8 hours after the procedure - however, it may be as little as 2 hours or (if you're lucky) it could be 16 to 24 hours
  - It is important to stay on top of the pain as it is more difficult to catch up

#### 2. Local injection - numbing medication is injected at the surgery site

#### 3. Anti-nausea medication - such as Zofran or Scopolamine patch is given

#### 4. Tylenol or an anti-inflammatory - such as Celebrex may be given

*I do not use a "pain pump" which drips the numbing medicine continually into the joint for several days after the surgery. Several recent studies have shown an increased risk of damage to the joint cartilage and subsequent arthritis as a result of prolonged exposure to this medication.*

## **Postoperative pain management**

### 1. Oxycodone 1-2 tablets every 4 hours

- This is a narcotic and should be used sparingly
- If pain is severe and uncontrolled with other methods, you may take 3 pills at a time for the first 24 hours
- Percocet and Vicodin (Norco) already have Tylenol in them so do not take Tylenol if you are on these medications. Straight Oxycodone does not.
- They can easily become addictive
- Narcotics decrease the body's trigger to breathe, and I may prescribe a medication to reverse this narcotic side effect (Narcan) if you are currently taking anti-anxiety or sleeping medication
- It is best to avoid these drugs (and alcohol) while on pain medication
- Additional adverse effects:
  - Constipation and/or nausea
  - Decrease ability to concentrate and cause drowsiness - should not be taken while driving
  - Hallucinations
- If you experience itching, take over the counter Benadryl one half hour before your narcotic.

### 2a. Tylenol 650 mg every 6 hours or 2 tablets of 500mg three times a day

- Limit to 3000 mg daily and avoid if history of liver disease. Use continuously for, at least, 3 days and then as needed.

### 2b. Naproxen 500 (2 Aleve) every 12 hours OR ibuprofen 800 (4 Advil) every 8 hours

- Take with food and avoid if history of ulcers, severe reflux or kidney disease. Continue for, at least, 5 days and then as needed.

### 3. Ice

- Most important the first 48 hours following surgery – helps reduce swelling
- The ice pack should be large (like a big zip-lock bag or bag of peas) and held firmly on the area of your surgery
- Apply for 20 minutes, **at minimum**, every hour while awake if possible

## **ADDITIONAL MEDICATIONS**

1. Ondansetron (Zofran) - this medication is used as needed for nausea
2. Colace – this is a stool softener for constipation

## **CONSTIPATION**

- This can be very common follow surgery typically due to pain medication, inactivity, and anesthesia

### 1. Treatment

- Begin using the **COLACE** as soon as starting the pain medication to help prevent constipation from occurring
- If **NO** bowel movement within **1-2 days** using this medication – **ADD DULCOLAX** which is a stimulant laxative
- If **NO** bowel movement **24-48 hours** following the use of both these medication – **please call the office**

### 2. Additional Treatment

- Hydration: aim for at least 4 glasses of water per day
- Diet: increase fiber with foods that include prunes, apples, spinach, and whole grains
- Physical Activity
- Laxatives: Milk of Magnesia, MiraLAX and Suppositories or Enemas

### 3. “Red Flag” Symptoms

- Prolonged constipation increases the risk of impaction or bowel obstruction
- IMMEDIATE EMERGENCY ROOM VISIT: abdominal pain/bloating, decrease or no passing gas, nausea and vomiting.

### **BANDAGE**

- Your post-operative dressing is a large, white fluffy dressing and absorbent pads that are held in place with an Ace bandage
- Remove this dressing 2-3 days after surgery and place band-aids over the incisions
- Because the surgery is performed arthroscopically, occasionally there will be water with a small amount of blood on this dressing. This is nothing to worry about. However, if you see a lot of bleeding, please call.

### **WASHING & BATHING**

- **Keep the wound clean and dry for the first 2 weeks after surgery**
- Once the bandage is removed, it is OK to shower as long as the incisions are kept dry with plastic wrap or waterproof bandages
- Do not soak or submerge the shoulder until 4-6 weeks following surgery

### **ACTIVITY & SLING**

- You may remove the sling and start moving the shoulder as the numbness wears off
- I encourage you to move your arm as much as tolerated to avoid stiffness
- You may return to sedentary work or school in 3-4 days after surgery if your pain is tolerable
- Avoid driving unless otherwise instructed by Dr. Payne – especially on the narcotics
- Avoid long distance travel during the first week after surgery to reduce your risk of developing blood clots

### **FOLLOW-UP APPOINTMENT**

- We will see you back 2 weeks following the surgery to assess range of motion and the incisions. Sutures will be removed at this time as well.

### **WHAT TO WATCH OUT FOR**

- Pain that is increasing every hour in spite of the pain medication
- Drainage from the wound more than 2 days after surgery
- Increasing redness around the surgical site
- Fever greater than 101.5 degrees
- Unable to keep food or water down for more than one day

**Need more information? Scan the QR code below to watch these helpful videos from Dr. Payne on Post Operative Care.**





Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

## Rotator Cuff and Shoulder Conditioning Program

### Purpose of Program

After an injury or surgery, an exercise conditioning program will help you return to daily activities and enjoy a more active, healthy lifestyle. Following a well-structured conditioning program will also help you return to sports and other recreational activities.

This is a general conditioning program that provides a wide range of exercises. To ensure that the program is safe and effective for you, it should be performed under your doctor's supervision. Talk to your doctor or physical therapist about which exercises will best help you meet your rehabilitation goals.

**Strength:** Strengthening the muscles that support your shoulder will help keep your shoulder joint stable. Keeping these muscles strong can relieve shoulder pain and prevent further injury.

**Flexibility:** Stretching the muscles that you strengthen is important for restoring range of motion and preventing injury. Gently stretching after strengthening exercises can help reduce muscle soreness and keep your muscles long and flexible.

**Target Muscles:** The muscle groups targeted in this conditioning program include:

- Deltoids (front, back and over the shoulder)
- Trapezius muscles (upper back)
- Rhomboid muscles (upper back)
- Teres muscles (supporting the shoulder joint)
- Supraspinatus (supporting the shoulder joint)
- Infraspinatus (supporting the shoulder joint)
- Subscapularis (front of shoulder)
- Biceps (front of upper arm)
- Triceps (back of upper arm)

**Length of program:** This shoulder conditioning program should be continued for 4 to 6 weeks, unless otherwise specified by your doctor or physical therapist. After your recovery, these exercises can be continued as a maintenance program for lifelong protection and health of your shoulders. Performing the exercises two to three days a week will maintain strength and range of motion in your shoulders.

### Getting Started

**Warmup:** Before doing the following exercises, warm up with 5 to 10 minutes of low impact activity, like walking or riding a stationary bicycle.

**Stretch:** After the warm-up, do the stretching exercises shown on Page 1 before moving on to the strengthening exercises. When you have completed the strengthening exercises, repeat the stretching exercises to end the program.

**Do not ignore pain:** You should not feel pain during an exercise. Talk to your doctor or physical therapist if you have any pain while exercising.

**Ask questions:** If you are not sure how to do an exercise, or how often to do it, contact your doctor or physical therapist.

### Additional Notes



## Rotator Cuff and Shoulder Conditioning Program

### STRETCHING EXERCISES

#### 1. Pendulum

##### Repetitions

2 sets of 10

##### Days per week

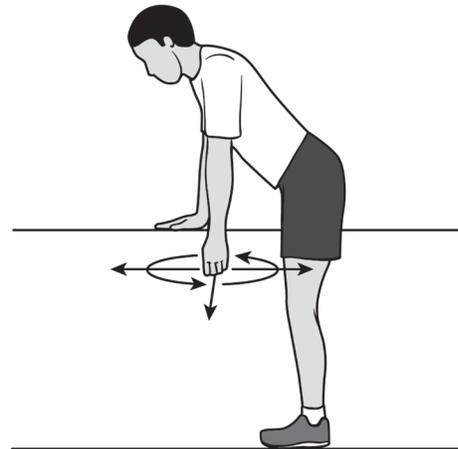
5 to 6

**Main muscles worked:** Deltoids, supraspinatus, infraspinatus, subscapularis

**Equipment needed:** None

##### Step-by-step directions

- Lean forward and place one hand on a counter or table for support. Let your other arm hang freely at your side.
- Gently swing your arm forward and back. Repeat the exercise moving your arm side-to-side, and repeat again in a circular motion.
- Repeat the entire sequence with the other arm.



**Tip** Do not round your back or lock your knees.

#### 2. Crossover Arm Stretch

##### Repetitions

4 each side

##### Days per week

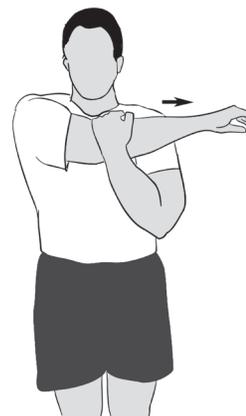
5 to 6

**Main muscles worked:** Posterior deltoid  
You should feel this stretch at the back of your shoulder

**Equipment needed:** None

##### Step-by-step directions

- Relax your shoulders and gently pull one arm across your chest as far as possible, holding at your upper arm.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the other arm.



**Tip** Do not pull or put pressure on your elbow.



## Rotator Cuff and Shoulder Conditioning Program

### STRETCHING EXERCISES

#### 3. Passive Internal Rotation

##### Repetitions

4 each side

##### Days per week

5 to 6

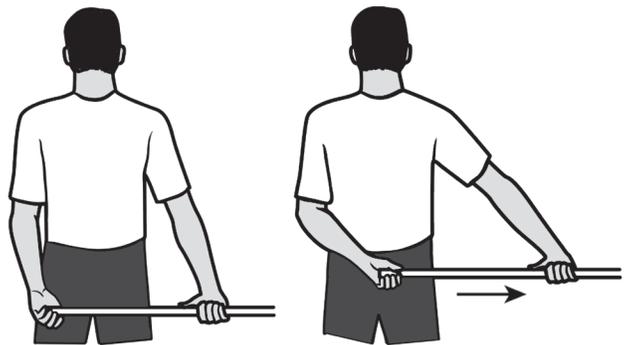
**Main muscles worked:** Subscapularis

You should feel this stretch at the front of your shoulder

**Equipment needed:** Light stick, such as a yardstick

##### Step-by-step directions

- Hold a stick behind your back with one hand, and lightly grasp the other end of the stick with your other hand.
- Pull the stick horizontally as shown so that your shoulder is passively stretched to the point of feeling a pull without pain.
- Hold for 30 seconds and then relax for 30 seconds.
- Repeat on the other side.



Start

Finish

**Tip** Do not lean over or twist to side while pulling the stick.

#### 4. Passive External Rotation

##### Repetitions

4 each side

##### Days per week

5 to 6

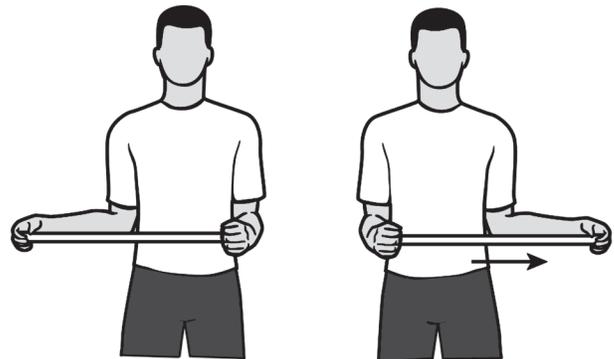
**Main muscles worked:** Infraspinatus, teres minor

You should feel this stretch in the back of your shoulder

**Equipment needed:** Light stick, such as a yardstick

##### Step-by-step directions

- Grasp the stick with one hand and cup the other end of the stick with the other hand.
- Keep the elbow of the shoulder you are stretching against the side of your body and push the stick horizontally as shown to the point of feeling a pull without pain.
- Hold for 30 seconds and then relax for 30 seconds.
- Repeat on the other side.



Start

Finish

**Tip** Keep your hips facing forward and do not twist.



## Rotator Cuff and Shoulder Conditioning Program

### STRETCHING EXERCISES

#### 5. Sleeper Stretch

##### Repetitions

4 reps, 3x a day

##### Days per week

Daily

**Main muscles worked:** Infraspinatus, teres minor

You should feel this stretch in your outer upper back, behind your shoulder

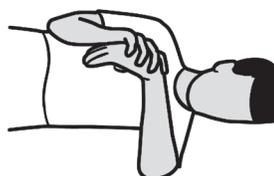
**Equipment needed:** None

#### Step-by-step directions

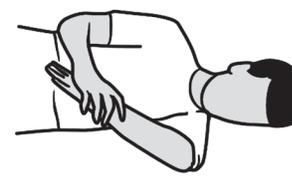
- Lie on your side on a firm, flat surface with the affected shoulder under you and your arm bent, as shown. You can place your head on a pillow for comfort, if needed.
- Use your unaffected arm to push your other arm down. Stop pressing down when you feel a stretch in the back of your affected shoulder.
- Hold this position for 30 seconds, then relax your arm for 30 seconds.



Sleeper position



Start



Finish

**Tip** Do not bend your wrist or press down on your wrist.



## Rotator Cuff and Shoulder Conditioning Program STRENGTHENING EXERCISES

### 6. Standing Row

#### Repetitions

3 sets of 8

#### Days per week

3

**Main muscles worked:** Middle and lower trapezius

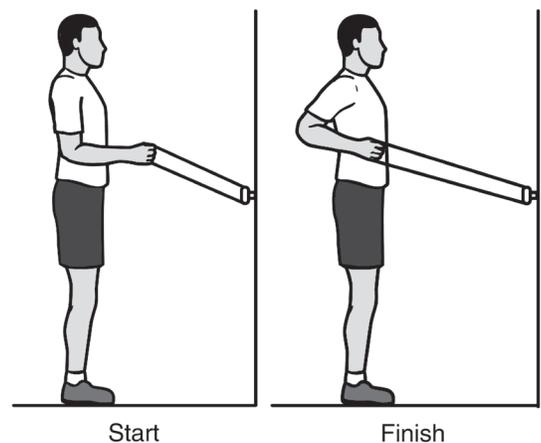
You should feel this exercise at the back of your shoulder and into your upper back

**Equipment needed:** Use an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, progress to 3 sets of 12 repetitions. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

#### Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent and at your side, as shown in the start position.
- Keep your arm close to your side and slowly pull your elbow straight back.
- Slowly return to the start position and repeat.

**Tip** Squeeze your shoulder blades together as you pull.



### 7. External Rotation With Arm Abducted 90°

#### Repetitions

3 sets of 8

#### Days per week

3

**Main muscles worked:** Infraspinatus and teres minor

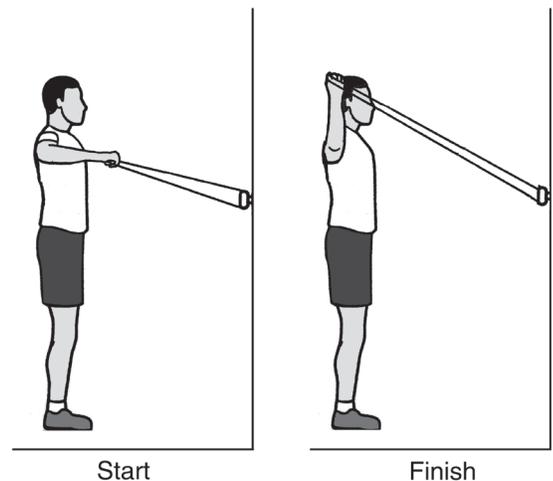
You should feel this exercise at the back of your shoulder and into your upper back

**Equipment needed:** Use an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, progress to 3 sets of 12 repetitions. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

#### Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent 90° and raised to shoulder-height, as shown in the start position.
- Keeping your shoulder and elbow level, slowly raise your hand until it is in line with your head.
- Slowly return to the start position and repeat.

**Tip** Make sure your elbow stays in line with your shoulder.





## Rotator Cuff and Shoulder Conditioning Program STRENGTHENING EXERCISES

### 8. Internal Rotation

#### Repetitions

3 sets of 8

#### Days per week

3

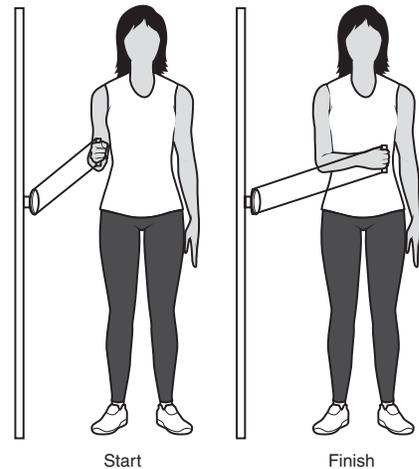
**Main muscles worked:** Pectoralis, subscapularis  
You should feel this exercise at your chest and shoulder

**Equipment needed:** Use an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, progress to 3 sets of 12 repetitions. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

#### Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent and at your side, as shown in the start position.
- Keep your elbow close to your side and bring your arm across your body.
- Slowly return to the start position and repeat.

**Tip** Keep your elbow pressed into yourside.



### 9. External Rotation

#### Repetitions

3 sets of 8

#### Days per week

3

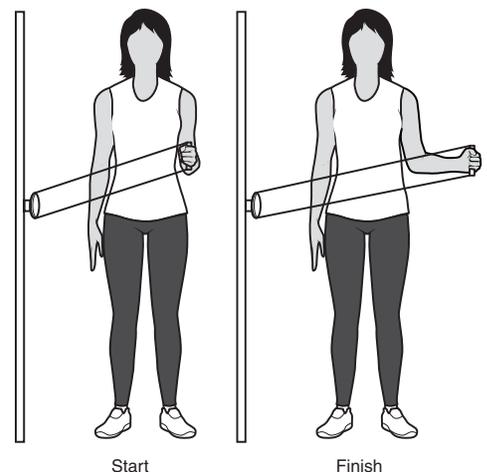
**Main muscles worked:** Infraspinatus, teres minor, posterior deltoid  
You should feel this stretch in the back of your shoulder and upper back

**Equipment needed:** Use an elastic stretch band of comfortable resistance. As the exercise becomes easier to perform, progress to 3 sets of 12 repetitions. If you have access to a fitness center, this exercise can also be performed on a weight machine. A fitness assistant at your gym can instruct you on how to use the machines safely.

#### Step-by-step directions

- Make a 3-foot-long loop with the elastic band and tie the ends together. Attach the loop to a doorknob or other stable object.
- Stand holding the band with your elbow bent and at your side, as shown in the start position.
- Keeping your elbow close to your side, slowly rotate your arm outward.
- Slowly return to the start position and repeat.

**Tip** Squeeze your shoulder blades together when you pull your elbow back.





## Rotator Cuff and Shoulder Conditioning Program

### STRENGTHENING EXERCISES

#### 10. Elbow Flexion

##### Repetitions

3 sets of 8

##### Days per week

3

##### Main muscles worked:

 Biceps

You should feel this exercise at the front of your upper arm

**Equipment needed:** Begin with a weight that allows 3 sets of 8 repetitions and progress to 3 sets of 12 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 3 sets of 8 repetitions.

##### Step-by-step directions

- Stand tall with your weight evenly distributed over both feet.
- Keep your elbow close to your side and slowly bring the weight up toward your shoulder as shown.
- Hold for 2 seconds.
- Slowly return to the starting position and repeat.



**Tip** Do not do the exercise too quickly or swing your arm.

#### 11. Elbow Extension

##### Repetitions

3 sets of 8

##### Days per week

3

##### Main muscles worked:

 Triceps

You should feel this exercise at the back of your upper arm

**Equipment needed:** Begin with a weight that allows 3 sets of 8 repetitions and progress to 3 sets of 12 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 3 sets of 8 repetitions.

##### Step-by-step directions

- Stand tall with your weight evenly distributed over both feet.
- Raise your arm and bend your elbow with the weight behind your head. Support your arm by placing your opposite hand on your upper arm.
- Slowly straighten your elbow and bring the weight overhead.
- Hold for 2 seconds.
- Slowly lower your arm back down behind your head and repeat.



**Tip** Keep your abdominal muscles tight and do not arch your back.



## Rotator Cuff and Shoulder Conditioning Program STRENGTHENING EXERCISES

### 12. Trapezius Strengthening

#### Repetitions

3 sets of 20

#### Days per week

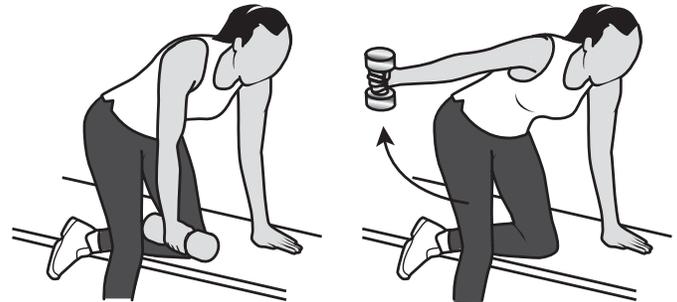
3 to 5

**Main muscles worked:** Middle and posterior deltoid, supraspinatus, middle trapezius  
You should feel this exercise at the back of your shoulder and into your upper back

**Equipment needed:** Begin with a light enough weight to allow 3 to 4 sets of 20 repetitions without pain. As the exercise becomes easier to perform, add 2 to 3 pounds of weight, but do fewer repetitions. Progress to 3 sets of 15 repetitions at each weight increment, with the maximum weight approximately 5 to 7 pounds.

#### Step-by-step directions

- Place your knee on a bench or chair and lean forward so that your hand reaches the bench and helps support your weight. Your other hand is at your side, palm facing your body.
- Slowly raise your arm, rotating your hand to the thumbs-up position and stopping when your hand is shoulder height, with your arm parallel to the floor.
- Slowly lower your arm to the original position to a count of 5.



#### Tip

Use a weight that makes the last few repetitions difficult, but pain-free.

### 13. Scapula Setting

#### Repetitions

10

#### Days per week

3

**Main muscles worked:** Middle trapezius, serratus  
You should feel this exercise in your upper back, at your shoulder blade

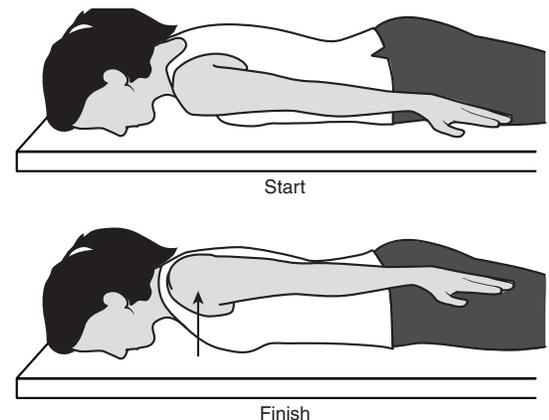
**Equipment needed:** None

#### Step-by-step directions

- Lie on your stomach with your arms by your sides. Place a pillow under your forehead for comfort, if required.
- Gently draw your shoulder blades together and down your back as far as possible.
- Ease about halfway off from this position and hold for 10 seconds.
- Relax and repeat 10 times.

#### Tip

Do not tense up in your neck.





## Rotator Cuff and Shoulder Conditioning Program

### STRENGTHENING EXERCISES

#### 14. Scapular Retraction/Protraction

##### Repetitions

2 sets of 10

##### Days per week

3

**Main muscles worked:** Middle trapezius, serratus  
You should feel this exercise in your upper back at your shoulder blade

**Equipment needed:** Begin with a weight that allows 2 sets of 8 to 10 repetitions and progress to 3 sets of 15 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 2 sets of 8 to 10 repetitions.

##### Step-by-step directions

- Lie on your stomach on a table or bed with your injured arm hanging over the side.
- Keep your elbow straight and lift the weight slowly by squeezing your shoulder blade toward the opposite side as far as possible.
- Return slowly to the starting position and repeat.



**Tip** Do not shrug your shoulder toward your ear.

#### 15. Bent-Over Horizontal Abduction

##### Repetitions

3 sets of 8

##### Days per week

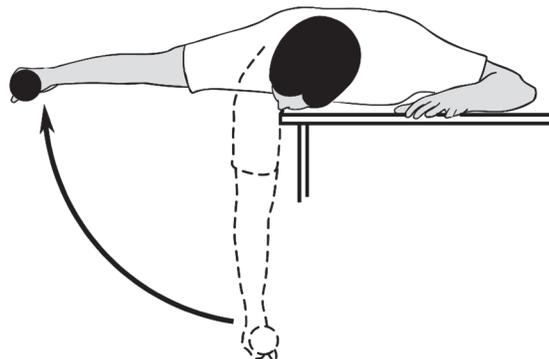
3

**Main muscles worked:** Middle and lower trapezius, Infraspinatus, teres minor, posterior deltoid  
You should feel this exercise at the back of your shoulder and into your upper back

**Equipment needed:** Begin with a weight that allows 3 sets of 8 repetitions and progress to 3 sets of 12 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 3 sets of 8 repetitions.

##### Step-by-step directions

- Lie on your stomach on a table or bed with your injured arm hanging over the side.
- Keep your arm straight and slowly raise it up to eye level.
- Slowly lower it back to the starting position and repeat.



**Tip** Control the movement as you lower the weight.



## Rotator Cuff and Shoulder Conditioning Program STRENGTHENING EXERCISES

### 16. Internal and External Rotation

#### Repetitions

3 to 4 sets of 20

**Main muscles worked:** *Internal rotation:* anterior deltoid, pectoralis, subscapularis, latissimus. *External rotation:* posterior deltoid, infraspinatus, teres minor  
You should feel this exercise in the front and back of your shoulder, your chest, and upper back

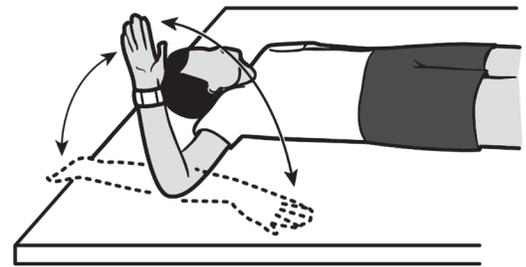
#### Days per week

3 to 5

**Equipment needed:** Begin with a light enough weight to allow 3 to 4 sets of 20 repetitions without pain. As the exercise becomes easier to perform, add 2 to 3 pounds of weight, but do fewer repetitions. Progress to 3 sets of 15 repetitions at each weight increment, with the maximum weight approximately 5 to 7 pounds.

#### Step-by-step directions

- Lie on your back on a flat surface.
- Extend your arm straight out from the shoulder and bend the elbow 90° so that your fingers are pointed up.
- Keeping your elbow bent and on the floor, slowly move your arm in the arc shown. Bring your elbow down to a 45° angle if you experience pain at 90°.



#### Tip

Use a weight that makes the last few repetitions difficult, but pain-free.

### 17. External Rotation

#### Repetitions

2 sets of 10

**Main muscles worked:** Infraspinatus, teres minor, posterior deltoid  
You should feel this stretch in the back of your shoulder and upper back

#### Days per week

3

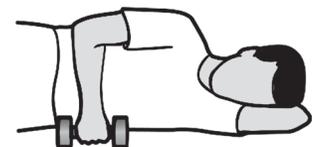
**Equipment needed:** Begin with weights that allow 2 sets of 8 to 10 repetitions (approximately 1 to 2 pounds), and progress to 3 sets of 5 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 2 sets of 8 to 10 repetitions.

#### Step-by-step directions

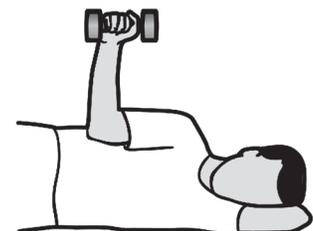
- Lie on your side on a firm, flat surface with your unaffected arm under you, cradling your head.
- Hold your injured arm against your side as shown, with your elbow bent at a 90° angle.
- Keep your elbow against your side and slowly rotate your arm at the shoulder, raising the weight to a vertical position.
- Slowly lower the weight to the starting position to a count of 5.

#### Tip

Do not let your body roll back as you raise the weight.



Start



Finish



## Rotator Cuff and Shoulder Conditioning Program

### STRENGTHENING EXERCISES

#### 18. Internal Rotation

##### Repetitions

2 sets of 10

##### Days per week

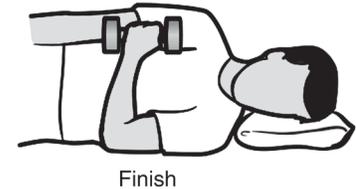
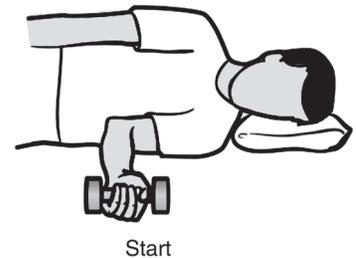
3

**Main muscles worked:** Subscapularis, teres major  
You should feel this stretch in the front of your shoulder

**Equipment needed:** Begin with weights that allow 2 sets of 8 to 10 repetitions (approximately 1 to 2 pounds), and progress to 3 sets of 5 repetitions. As the exercise becomes easier, add weight in 1-pound increments to a maximum of 5 pounds. Each time you increase the weight, start again at 2 sets of 8 to 10 repetitions.

#### Step-by-step directions

- Lie on a firm, flat surface on the side of your affected arm. Place a pillow or folded cloth under your head to keep your spine straight.
- Hold your injured arm against your side as shown, with your elbow bent at a 90° angle.
- Keep your elbow bent and against your body and slowly rotate your arm at the shoulder, raising the weight to a vertical position.
- Slowly lower the weight to the starting position.



**Tip** Do not let your body roll back as you raise the weight.