

Orthopaedic Specialty Center Dr. Buchalter's Shoulder Post-Op Program

You have been fitted with the Ultrasling/Six Shooter for use after your shoulder surgery.

The sling is to be worn 24-hours per day, including while you are sleeping.

The only time you may remove the sling is for showering and changing your clothes. Dr. Buchalter will instruct you as to when you can stop wearing the sling.

PLEASE BRING YOUR SLING WITH YOU ON THE DAY OF YOUR SURGERY!!!!

Post-Op Exercises

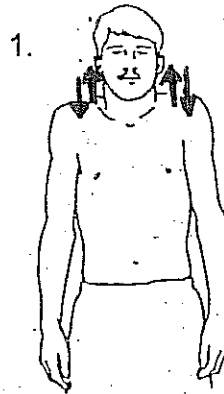
Exercises and movements are very important after your surgery. Completing your exercises as listed below will assist in helping to speed up the healing process and return you to your activities.

The red exercise ball attached to your sling is to be used throughout the day. Simply **squeeze the ball** with your surgical hand repeatedly. This will help with your swelling and pain.

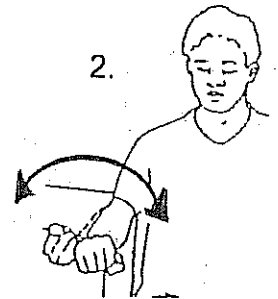
Prior to beginning your exercises, open the sling carefully. Then you may begin the following exercises, which are to be done **20-30 times each; three to four times per day.**

If you have any questions about the sling, please contact your fitter _____ at 410-377-8900 x-_____.

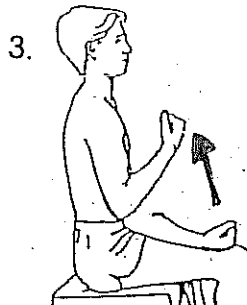
1. Shrug Shoulders: Move shoulder blades up, then back, then down.



2. Forearm Pronation and Supination: Rotate your forearm from a palm up to palm down position and back again.



3. Elbow Flexion and Extension: Keeping the elbow at your side, lift your arm by bending at the elbow, then return to the starting position.



4. Wrist Circles: Supporting your forearm with the other hand, move your hand in a circle. Repeat this pattern in the clockwise and counter-clockwise position.

