

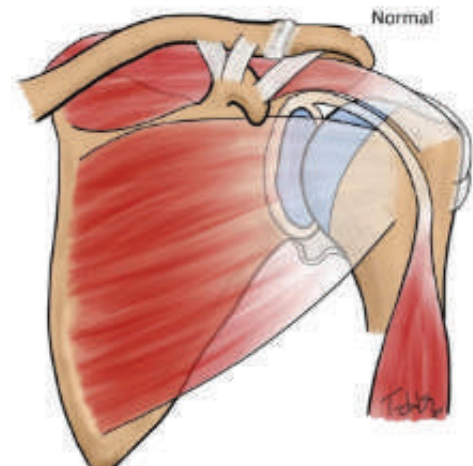
SHOULDER ARTHROSCOPY

Common diagnosis:

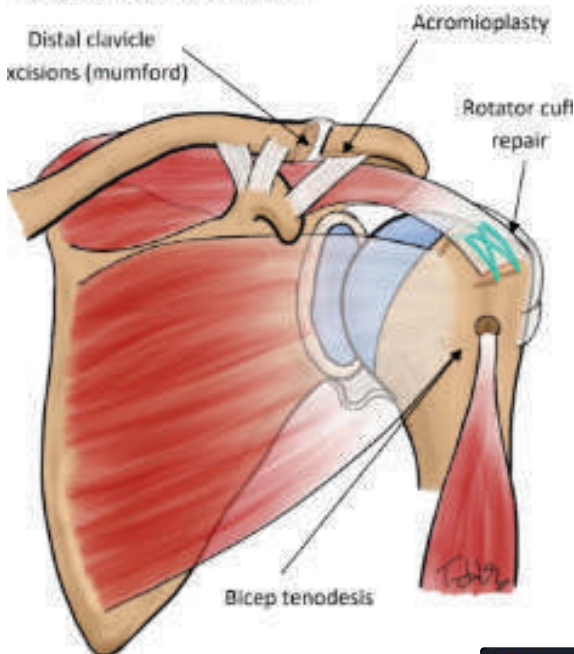
- Full-thickness vs. partial rotator cuff tear
- Subacromial impingement
- SLAP tear / labral tear / Osteoarthritis
- Long head of bicep tendonitis
- Acromioclavicular arthritis (AC joint)
- Adhesive capsulitis / Frozen shoulder
- Calcific tendinitis
- Instability / Dislocation

Non-surgical treatment options:

- Physical therapy, daily stretching, modify activities
- Anti-inflammatory measures (ice, heat, NSAIDs, diet)
- Tylenol, Joint injections



Surgical treatment options:



Shoulder Arthroscopy Timeline:

- Outpatient, Same day
- General anesthesia + nerve block (18-24hr)
- Pain control: Ice, Ibuprofen, Tylenol, Opiate 3-4 days
- Surgery time: 45 - 60 min.
- Sling:
 - 6 weeks (Rotator cuff repair / labral repair)
 - 2 weeks (Bicep tenodesis)
 - 2-3 days (debridement, other)

Physical Therapy:

- Outpatient clinic, start at 2wks, 1-2 visits/wk x 3 mos.
- Home exercise program

Recovery

- 1-2 wks: rest, recover, simple home exercises, consider return to desk/office work 5-7 days
- 2-3 months: Moderate work (10-15lbs)
- 3-6 months: Heavier work (>30lbs), yardwork, and athletics



For additional information, physical therapy protocols and patient education videos, visit: www.travishendrymd.com or scan the QR code provided.

