

**1. Medication:**

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

**2. Activity:**

The success of the manipulation is dependent on maintaining full range of motion to prevent recurrent scarring and stiffness. Work on stretching the shoulder to achieve maximal motion at least 10x day.

Physical Therapy will be initiated immediately to work on maintaining range of motion, stretching and eventual strengthening progressing to full activity as tolerated. It may take 3-6 months for complete recovery.

**3. General Instructions:**

Apply ice to the shoulder (20min on /off) to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, wound drainage or fever  $>100.5^{\circ}$  F, call the office immediately.

**4. Follow-up Appointment:**

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

**5. Other Instructions:**

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*If you have any problems or concerns following surgery, please call our office at (616) 949-8945.*