SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Dr. Geoffrey Glebus, DO

Diplomate – American Board of Orthopedic Surgery
📞 **(210) 798-8563** | ✉️ GlebusTeam@smasatx.com

💪 Your Shoulder Arthroscopy Recovery Guide

🌞 Welcome to the Healing Phase!

You did it — surgery is behind you! 🎉 Now it's time to focus on getting strong, steady, and comfortable again. This guide is here to help you *heal smartly* and *feel good* while you recover. If you're ever unsure about something, reach out — we've got your back (and your shoulder 😉).

💥 What's Normal After Surgery

Don't panic if you feel a few of these things — they're *signs your body is healing!*

- Mild pain or soreness around the incision
- A little redness or puffiness (it should fade soon)
- A sore throat or raspy voice from the breathing tube
- Itching near your incision (yes, it's annoying — but normal!)
- Pain around **3–6/10** with medication
- Some stiffness when standing up or moving

🕓 Each day gets better — be patient with yourself!

💊 Your Med Buddy Lineup

Here's what each prescription is doing for your comfort squad:

Medication	Why You Have It 💡
Hydrocodone	Pain control — use as needed, then taper off
Colace	Keeps things moving (pain meds can cause constipation!)
Mobic	Fights inflammation + swelling
Gabapentin	Soothes nerve pain without the grogginess
Zofran	Stops nausea before it starts

💧 **Pro Tip:** Stay hydrated, take short walks, and eat fiber — it's the magic combo for recovery.

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🩹 Incision TLC

Your incision is sealed with steri-strips— it'll flake off in about **2–3 weeks**.
Here's how to keep things looking and feeling good:

- You can remove your dressing after 3 days, this can remain off.
- Shower after **3 days**, but no soaking — that means **no baths, pools, or hot tubs!**
- Use gentle, fragrance-free soap (like Dial).
- No ointments, creams, or scrubbing the incision.
- See a little clear stitch poking out? Don't pull it — we'll handle it later.

💜 **If the tape itches or blisters, call us and send our email a pic so we can better asses.**

🚶 Move Smart, Heal Fast

The key? Gentle motion + patience = Road to recovery.
Think of the first week as your "VIP rest and recharge" time.

✅ **DO:**

- Wear your sling 24/7 (except for showering, dressing, or exercises).
- Take short walks a few times a day.
- Sleep how ever feels best — back, side, recliner, whatever helps you rest.
- Keep spirits up — recovery is a team effort!

🚫 **DON'T:**

- Drive for at least 2 weeks (and not while on pain meds).
- Push through sharp pain — it's your body saying, "not yet!"
- Sit or stand still for more than 50 minutes at a time.

💡 *Small, frequent movement beats long marathons every time!*

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🧊 Cool It — Literally

Ice is your new BFF. It helps swelling and soreness.

- Wrap your ice pack in a towel (no direct skin contact).
- Ice for **20–30 minutes**, **4 times a day**.
- Too much cold = more pain — 30 minutes max per session!

💩 Let's Keep Things Moving

Constipation can happen thanks to pain meds. Here's how to outsmart it:

🍎 Eat fruit, veggies, and fiber
💧 Drink lots of water
🚶 Take gentle walks
💊 Use Colace daily while on pain meds
⏰ No bowel movement after 3 days? Try **Miralax** or **Milk of Magnesia**

🚨 When to Call Us

Reach out right away if you notice:

- Worsening redness, swelling, or heat near the incision
- Drainage (especially yellow, green, or smelly)
- The incision edges separating
- Fever above **101.5°F**
- New bruising or pain that's suddenly worse

💌 Email usually gets the fastest response!

🚑 Call 911 or Go to the ER If:

- You have trouble breathing or chest pain
- You develop a severe headache
- Your calf feels tight, swollen, or painful

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💃 Shoulder Exercises (3x per Day)

Keep your shoulder happy and loose with these simple moves.
Do **10–15 reps**, **3 sessions a day** — and stop if anything hurts.

👋 1. Wrist Flexion & Extension

Bend your wrist forward and backward like you're waving hello.

💪 2. Elbow Flexion & Extension

Bend, hold for 5 seconds, then straighten.
🚫 Skip this one if you had a *biceps tenodesis*.

🔄 3. Pendulum Circles

Lean forward and let your arm hang. Gently swing in small circles — clockwise, then counterclockwise.

↔ 4. Side-to-Side Swings

Rock your body weight side to side so your arm gently swings.
Try palm-up, down, or thumb-up — whatever feels best.

🌈 Final Thoughts

Healing is a journey, not a race. Take it slow, celebrate every tiny win (like brushing your hair one-handed!), and know that progress — even small — is still progress. You've got this, and we're cheering for you every step of the way.

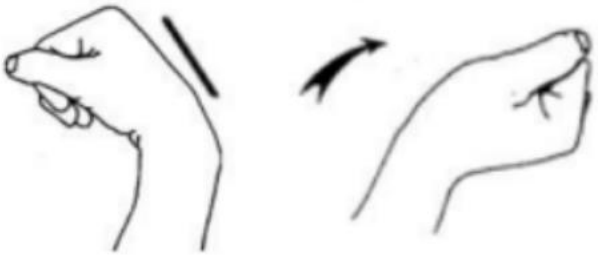
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SHOULDER POST OPERATIVE EXERCISES

WRIST FLEXION / EXTENSION



Actively bend wrist forward.
Then backwards as far as you can.
Repeat 10-15 times. Do 3 sessions per day.

ELBOW FLEXION / EXTENSION



With palm either UP, DOWN, or THUMBSIDE UP
gently bend elbow as far as possible.
Hold for 5 seconds.
Then straighten arm as far as possible.
Repeat 10-15 times. Do 3 sessions per day.
****DO NOT PERFORM THIS EXERCISE IF BICEP TENODESIS WAS PERFORMED****

PENDULUM SWINGS

(Clockwise/counterclockwise)



Let arm move in a clockwise circle,
then counterclockwise by rocking body
weight in a circular pattern.
Repeat 10-15 times. Do 3 sessions per day

PENDULUM SWINGS

(Side to side)



Gently move arm from side to side
by rocking body weight from side to side.
Let arm swing freely.
Repeat 10-15 times. Do 3 sessions per day