

FAQ - Shoulder Arthroscopic Thermal Capsulorrhaphy

Q: When can I begin to use the arm after surgery?

A: You will be in a sling for the first 2-3 weeks (including sleeping). Specific guidelines will be given by your physical therapist.

Q: How much/to what extent will be able to use my arm?

A: Specific guidelines will be issued by your physical therapist.

Q: When do I start physical therapy?

A: You will begin formal physical therapy the day after surgery. This will include a bandage change, as well as an evaluation by a trained physical therapist. This will last 3-6 weeks depending on progress. The sessions will last approximately 1 hour, with a frequency of 2-3 times per week.

Q: How often should I use ice packs?

A: in the first few weeks, you may use ice packs once every 2 hours for 15-20 minutes at a time as needed for pain and swelling.

Q: When can I begin to drive?

A: You can drive approximately 2-3 weeks after surgery, on average. The criteria for driving is as follows:

1. You are no longer on narcotic pain medications
2. You are able to hold and steer the wheel in comfort, as well as 'cut' the wheel without pain or weakness in unexpected situations

Q: When can I go back to work?

A: Most people will be able to return to light duty within 1-2 days with arm in sling. Your therapist and your physician will be able to help you make this decision.