

PATIENT INSTRUCTIONS FOLLOWING A DISTENSIVE SHOULDER ARTHROGRAPHY

- A few hours following the exam, the contrast agent that was injected in your shoulder joint will be reabsorbed into the bloodstream and eliminated by the kidneys. It will not alter the appearance of your urine.
- In rare cases, the contrast agent that was injected in the articulation may cause mild inflammatory reaction, causing slight discomfort. If this should occur, do not worry. You may:
 - ✓ Apply ice on the affected area for a period of 15 minutes. Stop the application for an hour. Repeat these steps three or four times, as needed.
 - ✓ Take regular Tylenol or Advil (2 tablets every 4 to 6 hours) or any anti-inflammatory prescribed by your physician.
 - ✓ An infection of the articulation is rare, but can be a serious complication. If you experience pain, discomfort, fever or swelling 48 hours following the procedure, please contact us or your physician.
- The Cortisone injection may elevate your blood sugar. If you are diabetic, you must check you blood sugar until it reaches its normal level
- The day following the procedure, resume your normal activities, exercises (you can refer to the exercise program **on the back of the page**) or see your physiotherapist.

Dre S. Tantawi _____

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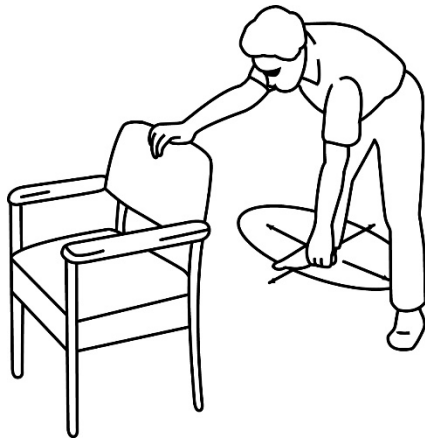
Dr O. Hallouch _____

EXERCISES TO RELIEVE SHOULDER CAPSULITIS

Exercises must be done daily (1-2 times a day)
10-15 times per exercise
Gradually increase the amount of exercise per day

For the first 10 days, exercises should be done with limited movement
After 10 days, more strength can be utilized during the exercises

1. COUNTERBALANCE OF THE SHOULDER



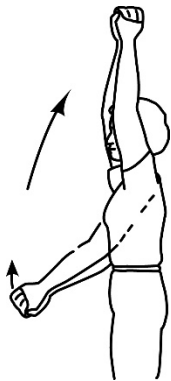
- 1- Move into the position shown, letting your arm dangle.
- 2- Shift your body so that your arm moves up and down. Your arm must remain relaxed and move in the same direction as your body.
- 3- Repeat, making sure that your arm moves in a lateral manner.
- 4- Repeat, so that your arm moves in a circular fashion (clockwise), then counter clockwise.

2. SHOULDER FLEXION



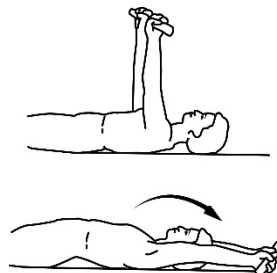
- 1- Stand, facing a wall, as shown on the illustration.
- 2- To stretch your shoulder, slowly move your fingers up the wall (as though they are crawling upwards).

3- SHOULDER FLEXION, WITH EXTERNAL ROTATION



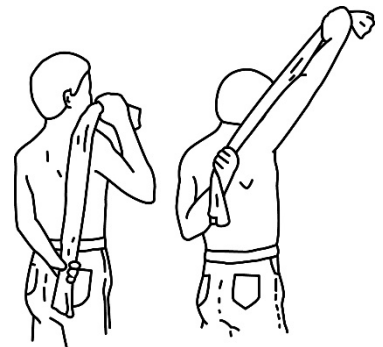
- 1- In a standing position, turn your hands with your palms facing upwards.
- 2- Raise both of your hands above your head. With this movement, you should feel your shoulder stretch.

4- SHOULDER FLEXION, WITH INTERNAL ROTATION



- 1- Lie on your back and hold a stick with both hands, as shown on the illustration.
- 2- Raise both hands above your head. This motion allows your shoulder to stretch.

5- INTERNAL ROTATION OF THE SHOULDER



- 1- In a standing position, hold a towel behind your back, as shown on the illustration.
- 2- Stretch your arm upwards behind your back while pulling on the towel with the other hand.