



Post-Procedure Instructions

Shoulder Manipulation

- Please wear your sling until your block wears off. After that, you are not required to wear the sling and should do so only as needed for comfort. You should work on your motion as often as possible beginning tonight with someone else's assistance.
- You may advance your diet as tolerated.
- You start physical therapy tomorrow. You will attend therapy 3 times weekly for the first 2 weeks. If you do not have physical therapy arranged, please contact us immediately.
- Please follow-up at your scheduled appointment approximately 2 weeks from the day of your procedure. If you do not already have an appointment, please call our office to schedule. (804) 288-3136, ext. 11050.
- Your prescription was sent to the pharmacy on file. Some pain medications already contain Tylenol/acetaminophen. Please read your prescription pain medication bottle prior to taking additional Tylenol/acetaminophen. Do not exceed 4000 mg of Tylenol/acetaminophen in a 24 hour period.



**Stronger
starts
here.**

Harry J Shaia, MD

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