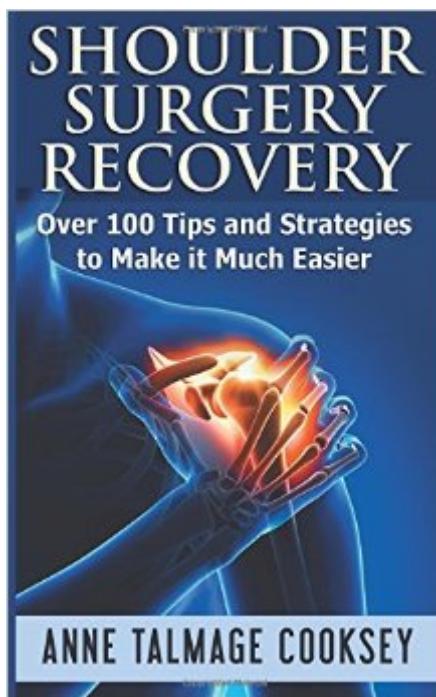


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# Shoulder Surgery Recovery: Over 100 Tips And Strategies To Make It Much Easier



## **Synopsis**

Are you or someone you know thinking about having shoulder surgery? Are you at the end of your rope trying to figure out how you are supposed to manage during the long months of recovery? Here's great news! This book is chock full of tips and strategies to help you navigate through all the different phases of recovery. You'll learn everything from where to sleep to how to dress yourself with only one hand without falling over! Learn how to work smarter, not harder during your own unique recovery. Find ways to be more compassionate with yourself and your progress as you move through each phase of the journey. You may find your shoulder surgery recovery time more rewarding than you dreamed possible!

## **Book Information**

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## **Customer Reviews**

If you have to have rotator cuff surgery, this book will help you prepare for it, and to cope with recovery issues. Many tips were real gems, and useful. Others not so much. The doctor's office didn't have much info at all, so this book was worth the time to read it and the money. Added May 22, 2016, 10 weeks after my surgery. Each person's recovery is different, so don't expect to follow the author's path exactly. She offers wonderful advice on how to furnish your recovery space, clothing choices, managing pain, how to ask for help, and what to expect in the doctor visits. But, unlike her experience, I was off the RX pain meds within a week, and was able to walk unassisted (I do use a cane for extra support, as the worst thing you can do after rotator cuff surgery is to reinjure it by falling again) outside as soon as the snow melted, which was about 6 weeks after my March 10

surgery. I have continued to walk 3-8 miles a day on dirt roads with hubby and dog. My physical therapy started at week 6, and has caused no issues at all, especially no pain pills or any anti-anxiety meds. I still go 3x a week and get stretched by the therapist, which is the worst part of it pain wise, but that pain is nowhere near a good migraine, or the menstrual cramps that debilitated me in my younger days. Painful, yes but nothing to fear. Another key thing is to do the assigned home exercises without fail. Also, unlike the author's, my sling stayed on full time for 10 weeks. I will continue to wear it outside walking for two more weeks. But my experience is unusual due to the severity of my rotator cuff tear, deemed "massive" by the surgeon.

I had my 4th rotator cuff repair last week. My first was in 1983, right shoulder, second 1990 left shoulder, third 2001 right shoulder, and now my left shoulder again. All were different and physical therapy varied greatly depending on therapist. This last surgery was very complicated. Huge rotator cuff tear, torn bicep, bone spur, and arthritis. I had no prior knowledge about what to expect before my first surgery and a book like this would have helped a lot. All my experiences were quite different from the authors. I don't understand why she was left to pretty much fend for herself when bathing, dressing, removing her sling, and apparently pretty much everything. Where was her husband? My wife was a great assistant helping me through everything. We are now both retired and with her being with me at all times, I don't have to take any chances as the author apparently did. I would like to add a few suggestions to others about to go through surgery. The author had some great suggestions of items to buy. I'll add a few more. Buy a good mat for your tub or shower so you don't slip. Buy a very long hose so you can use a shower head attachment that can reach all parts of your body while sitting in a shower chair. Buy a back brush to keep by your sink so you can have a handle to hold with your bad arm while washing your good hand with the brush. Buy a tooth numbing gel such as Hurricain sold here on . Those sticky pads used on monitors can leave a residue that can itch for days. The numbing gel gives much needed relief. Buy a nylon mesh sling here at to wear while showering and use a small memory foam pillow to hold your arm out like the pillow on your regular sling does. The author took a huge chance bathing without wearing a sling.

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