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## 2 weeks post op

Posted by Determined - 2008/05/12 12:09

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I will be 2 weeks post op tomorrow. I had my post op doctor visit today. He says I am doing great. No anything but elbow flexs for another week then ok to do pendulum (sp?) swings 3x day. Pt to start June 9th at 6 weeks. He gave me a script for hydrocodone/acetaminophen to help at night & sleeping.

My labreum needed to be repaired in 3 places & 2 bone spurs were removed. The saving grace is my rotator cuff was fine.

I am frustrated as I was hoping to start pt sooner but understand why I cannot. I just am anxious to work on getting back to normal and am not thrilled about having the ultrasling for 6 weeks.

A great big thank you to everyone who has posted words of encouragement....it has been very helpful!

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## Re:2 weeks post op

Posted by chykcha - 2008/05/12 14:22

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Have a quick recovery! Take it slowly, but persistantly and don't over do it.

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## Re:2 weeks post op

Posted by maxicrom - 2008/05/12 17:49

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Hang in there, I'll be keeping an eye on your progress. Tomorrow I should know when my surgery date will be. I'll be rooting for you.

maxi

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## Re:2 weeks post op

Posted by karenm - 2008/05/13 07:10

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Hey Determined,

Keep up the good work. Remember little by little :(

Karen

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## Re:2 weeks post op

Posted by kencunm - 2008/05/13 13:14

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Yeah it is very easy to over do it at the beginning. As you get stronger later on it's less likely. At least that's been my experience. I've been cleared to lift any and all weights, just very slowly and in a very controlled manner. And I net almost everyone thought they would recover faster than the "normal slap tear" there are so few that actually do. Good luck and keep up the good work. Find what motivates you and make it you're goal.

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## Re:2 weeks post op

Posted by Determined - 2008/05/13 14:59

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Thanks everyone!

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I am more accepting of the situation today. It is what it is.

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## Re:2 weeks post op

Posted by maxicrom - 2008/05/13 21:19

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Great to see that your spirits are better.

B) It's probably hard enough dealing with becoming one-armed without having to cope with being depressed as well. I'd suggest finding some good reading - I had both knees scoped at the same time about 15 years ago and for the first few days in the temp casts I was like the rusty Tin Man wobbling around with friends and family my only hope to move around, thank goodness it was only a few days like that. My stomach doesn't do well with percocet or the strong pain killers - so I've tended to keep to Ibuprofen or Aleve during the day taking the stronger stuff before trying to sleep. It was also easier to concentrate and read during the day, seemed easier to nap while reading also. Hang in there.

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