

SHOULDER

Surgery Guide
for Patients



CENTER FOR TOTAL
JOINT AND SPINE CARE
at Sky Lakes Medical Center

TotalJointandSpineCare.com

WELCOME FROM YOUR SURGEONS, SKY LAKES MEDICAL CENTER, & YOUR HEALTH CARE TEAM

We will all be working with you in partnership to prepare you for your shoulder surgery. Our goal is to return you to your maximum functional ability. You play a vital role in reaching that goal. Recovery is a process that starts before surgery. Recovery carries on at home and throughout your life. We could not achieve the expected outcomes without your hard work and effort.

You are our most important team member. Together, we will accomplish our team goals of: effective preparation, successful surgical procedure, smooth recovery, and finally, a successful rehabilitation.

We hope this information will assist you in preparing for your surgical procedure and will help to facilitate your recovery. Please read it carefully and feel free to ask questions of any team member.



KEVIN T. HEATON, D.O.

is a board-certified orthopedic surgeon, with a fellowship in Adult Reconstruction and Joint Replacement.



EDWARD L. VAN TASSEL, D.O.

is a board-certified orthopedic surgeon and an Oregon native with more than 25 years of experience in General Orthopedics.



KARL R. KNUDSEN, M.D.

is a board-certified orthopedic surgeon with a fellowship in Sports Medicine/Arthroscopy and Shoulder Reconstruction.

A POSITIVE APPROACH

Preparing positively for surgery is a key step in your recovery. The surgery may improve your shoulder pain to allow you to be more active. It is important to know what to expect and what you will need to do during your recovery. Our goal is to help you become as independent as possible. Our care team is ready to assist you in any way we can.

Your stay will be short, but your recovery will continue beyond your discharge. It is important for you to make a commitment to follow your doctor's instructions in order to get the most benefit from shoulder surgery. Please talk with your doctor or the team if you have questions or concerns.