

Post-Surgical Equipment Guide for Shoulder and Knee Patients

This guide provides ONS patients with information about common home equipment recommended after shoulder or knee surgery. These items help promote comfort, safety, and recovery during the rehabilitation process.

Shoulder Surgery Equipment (Summary)

Item	Purpose / Description
Sling	Supports and immobilizes your arm to protect the shoulder during healing.
Cryotherapy Device	Provides cold therapy to reduce pain and swelling (e.g., GameReady or similar).
Accommodative Clothing	Shirts with buttons, zippers, or Velcro along seams make dressing easier after shoulder surgery.
Driving Knob	A steering knob to assist with one-handed driving (only if cleared by your physician).
Arm Chair	Supportive chair used for sitting or sleeping during recovery.
Wedge Pillow	Elevates your upper body during rest or sleep to reduce discomfort and strain on the shoulder.

Knee Surgery Equipment (Summary)

Item	Purpose / Description
Brace	Stabilizes and protects your knee after surgery during movement and healing.
Cryotherapy Device	Delivers cooling therapy to control swelling and pain in the knee area.
Continuous Passive Motion Machine	Gently moves your knee joint to maintain flexibility and circulation during early recovery.
Leg Sleeve	Helps keep the knee brace in proper position by preventing it from slipping down your leg.
Grasper (Reacher Tool)	Allows you to pick up objects without bending or straining your knee during recovery.
Long Shoe Horn	Helps you put on shoes without needing to bend your knee, reducing discomfort and risk.

Shoulder Surgery Equipment

Sling

Supports and immobilizes your arm to protect the shoulder during healing.



Cryotherapy Device (Shoulder)

Provides cold therapy to reduce pain and swelling after shoulder surgery (e.g., GameReady or similar).



Accommodative Clothing

Shirts with buttons, zippers, or Velcro along seams make dressing easier after shoulder surgery.



Driving Knob

A steering knob helps with one-handed driving (only if cleared by your physician).



Arm Chair

Provides sturdy support for sitting or sleeping during recovery; many patients find it more comfortable to sleep in an armchair after shoulder surgery.



Wedge Pillow

Elevates your upper body during rest or sleep to reduce discomfort and strain on the shoulder.



Knee Surgery Equipment

Brace

Stabilizes and protects your knee after surgery during movement and healing.



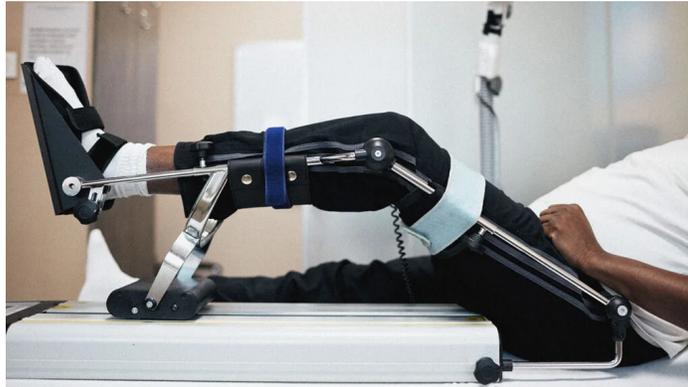
Cryotherapy Device (Knee)

Delivers cooling therapy to control swelling and pain in the knee area.



Continuous Passive Motion (CPM) Machine

Gently moves your knee joint to maintain flexibility and circulation during early recovery.



Leg Sleeve

Helps keep the knee brace in proper position by preventing it from slipping down your leg.



Grasper (Reacher Tool)

Allows you to pick up objects without bending or straining your knee during recovery.



Long Shoe Horn

Helps you put on shoes without needing to bend your knee, reducing discomfort and risk.

