



**ARTHROSCOPIC SUB ACROMIAL DECOMPRESION +/- ACJ EXCISION**

**KEY POINTS**

- Normally no movement restrictions, but check post op notes
- If AC joint excised then avoid high cross arm adduction and hand behind back for 2 weeks.
- Avoid heavy lifting and repetitive activity for 6 weeks
- Encourage movement as pain tolerance allows
- Focus on restoring shoulder ROM & Cuff function (*see Rotator Cuff Rehab appendix*)
- Return to driving at 2 weeks on average
- Return to work in approx: *2 weeks for non manual job* and *6 weeks for manual job*

**INPATIENT POST OP GUIDELINES;**

- Sling to be used for 2-3 days for comfort, then encourage weaning off
- Active hand, wrist, elbow, neck and shoulder girdle exercises, to be performed regularly
- Active assisted shoulder elevation exercises, to be performed 2-3 x day
- Frequent shoulder postural repositioning

**WEEKS 1-6;**

- Check wounds
- Check hand, wrist, elbow, neck and shoulder girdle movements
- ***Educate patients on commitment to shoulder rehab is essential for successful outcome***
- Explain the usual timescales of post op recovery
  - 6/52 inflammatory process
  - 3/12 to feel 80% (*for most*)
  - Can be 6/12 for some to feel able to fully return to higher level activity/sports

- Advise and promote regular use of ice and isometric resistance for pain control
- Encourage active shoulder movement and light resistance exercise as pain allows

### **WEEKS 6-12;**

- Encourage heavier resisted shoulder work through greater ranges
- Progress with exposure to variety of exercise, loads and speeds

### **WEEKS 12 +;**

- Should have a min of 80%+ ROM/function
- Minimal pain
- Good cuff strength through range
- No obvious shoulder dyskinesia

### **Return to activity – approximate guidelines**

Driving 2 weeks on average

Non manual work 2 weeks

Manual work 6 weeks

Swimming breast stroke 6 weeks / front crawl 6 weeks


Overhead racquet sport activity 6-12 weeks depending on intensity

### **Contact Details**

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