

SHOULDER · POST-OPERATIVE REHABILITATION

Arthroscopic Subacromial Decompression ($\pm$ 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 patients)
 - 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

Mr Tony Corner · Consultant Orthopaedic Surgeon (Shoulder & Elbow) · GMC 4641795. This guide is general; always follow your specific post-operative instructions.

WEEKS 12 +

- Should have a minimum 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