

SUBACROMIAL DECOMPRESSION WITH OR WITHOUT ACJ EXCISION

| Protocol | Post-op |
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| On Discharge from Hospital | <ul style="list-style-type: none"> • Immobiliser (this should be removed within the first 2-3 days) • Post-op exercises on discharge • Active (assisted) glenohumeral movement in all planes • Teach postural awareness and scapular setting |
| Outpatient Physio Mobility stage 1 Mobility stage 2 | <ul style="list-style-type: none"> • Begin isometric strengthening (progress using pain & ROM as the limiting factor) • Rotator cuff strengthening • Address posterior capsular tightness (sleeper stretch and cross-chest adduction) • Overzealous physio or repetitive sustained overhead activity could lead to delayed healing & pain • Manual therapy if required to increase range of movement |
| Milestones | Full recovery can take 6-9 months. Expect 80% improvement by 3 months |
| 6 weeks | Full active ROM or equivalent to the pre-op range |
| Caution | Any significant increase in pain or decrease in ROM, arrange a clinic appointment for a review |

Return to functional activities

Return to work

Sedentary job: as tolerated

Manual job: may need to modify activities for 3 months

Driving: 1 week

Swimming

Breaststroke: as able

Freestyle: 12 weeks

Golf: 6 weeks

Lifting: as able

Racquet sports: avoid repetitive overhead shots for 3 months

MOBILITY STAGE 1



Pendular

Leaning forwards, let the operated arm hang comfortably



Pendular with swing

Leaning forwards, let the operated arm hang comfortably, gently swing the arm in a circular movement

Assisted external rotation

Lying with the operated arm supported on a folded towel, take the arm outwards with the assistance of a stick





Assisted external rotation in sitting

Sitting with both arms supported on a table, slide the operated hand outwards with the assistance of a stick



Supported forward flexion

Sitting with both arms supported on the table, slide the arms forward



Assisted elevation

Lying holding on to a stick with both hands, let the un-operated arm lift the operated arm up towards the head



MOBILITY STAGE 2

Pulleys

Let the un-operated arm lift the operated arm by the use of pulleys



Flexion on high table

Arms supported on a high worktop, walk backwards to stretch the arm upwards

Hand behind back

Using a stick or a towel, pull the operated arm upwards from the waist



External rotation against doorframe

Standing with the operated hand against a door frame, elbow bent, arm tucked in, rotate the body so the arm stretches outwards

**Sleeper stretch to stretch the posterior capsule**

Lying on the operated side, arm out to the side and elbow bent, take the arm downwards, stretching it with the un-operated arm

