

SUB ACROMIAL DECOMPRESSION SURGERY **POST-OPERATIVE REHABILITATION** **PROGRAMME**

ABOUT THE OPERATION

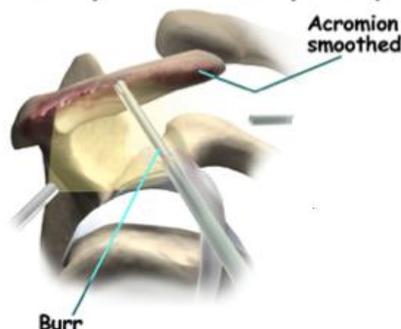
If your shoulder has not recovered with appropriate conservative management, the next step to consider is surgery, with the treatment of choice being an arthroscopic subacromial decompression. This is keyhole surgery, usually performed under a combination of general anaesthetic and a nerve block, it may be performed as a day stay procedure but usually patients are more comfortable if they stay over night.

The operation is performed through 2 small 1 cm incisions. Firstly an arthroscope is inserted into the shoulder from the back and the joint is evaluated for any other problems which may be causing symptoms. The arthroscope is then placed into the subacromial space above the supraspinatus tendon. The subacromial spur is identified and a second incision is made on the outside of the shoulder. A diathermy probe is used to remove soft tissue from spur which is then removed using a high speed burr. The incisions are then sutured and the arm placed in a sling.



Gentle range of motion exercises are started the next day, sutures are removed at one week post surgery and the theraband strengthening is commenced.

Arthroscopic Acromioplasty



Post Operative Rehabilitation

Following your shoulder operation it is very important to perform the following exercises to regain your mobility over the first 4-6 weeks.

Only perform exercises taught to you by your physiotherapist or surgeon.

Exercises should be performed 4 times a day and it is a good idea to take medication 30-40 minutes prior to exercise.

Ideally you should see your physiotherapist at 2 weeks post operatively.

Swelling:

Post Operatively you may have considerable swelling around your shoulder. It is crucial to reduce this swelling as it impedes healing and your mobility. This can be achieved by applying ice for 20 minutes following exercises. Ice (crushed, cubes, frozen peas, an ice pack etc wrapped in towelling) should be placed directly over your shoulder.

Sling:

The sling is just for comfort and patients are advised to stop using it as soon as possible.

If wearing the sling your arm should be resting comfortably, with your hand at the level of your chest. It should be supporting the entire weight of your arm.

One of our Body Logic Physiotherapists will show you how to put on and take off your sling post surgery.

SHOULDER EXERCISES – ACTIVE/ASSISTED

- Exercises to be done 5 times a day.
- Use ice regularly for 20 minutes at a time.
- These exercises are to help increase range of movement with some form of assistance.
- Always exercise within your pain limit.

1. CIRCLES



Lean forward so arm comes away from your body. Rotate arm in a clockwise and anti-clockwise direction. X10 each.

2. PENDULAR MOVEMENTS ACROSS THE BODY



3. PENDULAR MOVEMENTS FORWARDS AND BACKWARDS



4. STANDING ARM STRETCH



(A)



(B)

With hands on bench walk back until you feel a gentle stretch. Hold 10 secs. (Repeat 10x).

5. SHOULDER ELEVATION



(A)

Use other arm to support operated arm. Gently lift arm up as far as comfortable. Hold 5 secs, then lower. (X10)



(B)

Use other arm to support operated arm. When lowering, gently push operated arm into other hand to reduce pain.



(C)

Gradually increase range as shown.

6. EXTERNAL ROTATION



(A)



(B)

Using stick to assist, set the shoulders. Keep elbows at side. Use good arm to rotate operated arm

7. EXTENSION



(A)



(B)

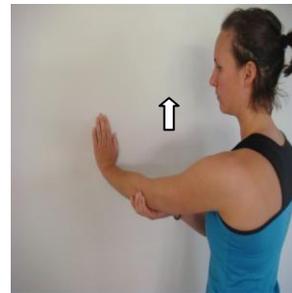
Grasp stick with both hands. Move stick backwards using good arm to assist.

8. INTERNAL ROTATION



Grasp towel as shown.
Use good arm to lift operated arm up behind your back.

9. WALK HAND UP THE WALL



Support operated arm against wall. Walk fingers up wall using other arm to assist.
Start low down with elbow bent.

10. SHOULDER ELEVATION WITH PULLEY



Set up system as demonstrated.
towards the spine.
Pull down with good arm to lift operated arm up. Hold 5 secs, then lower.
Continue for 5 mins.

11. SHOULDER SETTING



Squeeze shoulder blades down and in

Hold 5 seconds, X10

Please call Body Logic Physiotherapy on 9230 6310 if you have any queries.