

## Subacromial Decompression +/- Arthroscopic Excision of Acromio-Clavicular Joint Rehabilitation Programme

### Key messages

- Ensure good posture and scapular control throughout range to reduce impingement
- **Expected discomfort for 3- 4 months minimum**
- Functional rehab to aim for maximum ROM, and encourage correct movement patterns

Time:	Arthroscopic SAD procedure	Arthroscopic ACJ excision procedure
<b>Pre op</b>	Scapular stabilisation exercises Transverse abdominals/ postural advice	Scapular stabilisation exercises Transverse abdominals/ postural advice
<b>Day 1</b> Day case Surgery	<p><b>Check post-op notes &amp; if any specific instructions</b></p> <ul style="list-style-type: none"> <li>- Active exercises – (assisted if needed)</li> <li>- Advice on posture &amp; scapular control</li> <li>- Elbow, wrist and hand exercises</li> <li>- No restriction in active ROM</li> </ul> <p><u>Advice</u></p> <ul style="list-style-type: none"> <li>- <u>Sling</u> - for comfort – discard ASAP (If open, may keep sling 3 weeks)</li> </ul> <p>Driving after 3- 4 week if comfortable and safe <b>Only if patient can perform emergency manoeuvres safely</b></p> <ul style="list-style-type: none"> <li>- Sedentary work – after 1 - 2 week if comfortable</li> <li>- Heavy work – discuss with consultant</li> </ul> <p><b>Pain/discomfort may last 3-4 months</b></p>	<p><b>open excision will not change the rehab. Check post-op notes &amp; specific instructions</b></p> <ul style="list-style-type: none"> <li>- Immediate active assisted exercises</li> <li>- Elbow, wrist &amp; hand exercises</li> <li>- Advice on posture &amp; scapular control</li> </ul> <p><u>Advice</u></p> <ul style="list-style-type: none"> <li>- Sling - for comfort – discard ASAP</li> </ul> <p>Driving - after 3- 4 weeks if comfortable &amp; safe &amp; <b>Only if patient can perform emergency manoeuvres safely</b></p> <ul style="list-style-type: none"> <li>- Sedentary work – after 2 - 4 weeks if comfortable</li> <li>- Heavy work – 6-8 weeks</li> <li>- Contact sports - 3/12</li> </ul> <p><b>Pain/discomfort may last 3-6 months</b></p>
1 week Initial outpatient appointment	<ul style="list-style-type: none"> <li>- Check ROM</li> <li>- Check analgesia management</li> <li>- Check portals healing</li> <li>- Posture correction &amp; scapular stabilisation exercises if required</li> <li>- Partially loaded proprioceptive exercises: (eg. Prayer kneeling/ forearms on table)</li> <li>- Continue weekly review if poor ROM</li> </ul> <p><b>GOAL</b> – Return to work (sedentary) Discard sling</p> <p>Oxford Score</p>	<ul style="list-style-type: none"> <li>- Check analgesia management</li> <li>- Check incision healing</li> <li>- Progress active ROM exercises</li> <li>- Posture correction &amp; scapular stabilisation exercises if required</li> <li>- Partially loaded proprioceptive exercises: (eg. Prayer kneeling/ forearms on table)</li> </ul> <p><b>GOAL</b> – Discard sling</p> <p>Oxford Score</p>
<b>3 – 6 weeks</b>	<ul style="list-style-type: none"> <li>- Continue ROM exercises</li> <li>- Isometric rotator cuff exercises</li> <li>- Fully loaded Proprioceptive exercises: static (eg 4 point kneeling) as patient tolerates.</li> <li>- Strengthening exercises through range – free weights, theraband (amend depending on pain levels)</li> </ul> <p><b>GOAL</b> – Good scapulohumeral rhythm Return to work (sedentary)</p>	<ul style="list-style-type: none"> <li>- Continue ROM exercises</li> <li>- Isometric rotator cuff exercises</li> <li>- Proprioceptive exercises</li> <li>- Strengthening exercises through range – free weights, theraband (amend depending on pain levels)</li> <li>- Fully loaded Proprioceptive exercises: static (eg 4 point kneeling) as patient tolerates.</li> </ul> <p><b>GOAL</b> – Good scapulohumeral rhythm Return to work (sedentary)</p>
<b>6 – 8 weeks</b> Consultant OP appointment- 12/52	<ul style="list-style-type: none"> <li>- Continue ROM exercises</li> <li>- Increase strengthening exercises</li> <li>- Gym rehab (if appropriate to patient's goals)</li> </ul> <p><b>GOAL</b> – full functional ROM obtained</p>	<ul style="list-style-type: none"> <li>- Continue ROM exercises</li> <li>- Increase strengthening exercises</li> <li>- Gym rehab (if appropriate to patient's goals)</li> </ul> <p><b>GOAL</b> – full functional ROM obtained</p>
<b>Complications</b>	Frozen shoulder, bursitis	Acromial-clavicular instability Osteophytes/fusion/regrowth Excessive/insufficient resection
<b>Final goals</b>	Return to work Functional ROM <u>Outcome measure</u> – Oxford Score	Return to work Functional ROM <u>Outcome measure</u> – Oxford Score