


Orthopaedic and Sports Injuries Services "OASIS"

Munawar Shah FRCS, FRCS Tr & Orth

Consultant Trauma & Orthopaedic Surgeon

Little Aston Spire Hospital
 Little Aston Hall Dr
 Sutton Coldfield, B74 3UP
 01215807406
 01922656972
 la.oasis@live.co.uk
 http://littleastonoasis.com



Subacromial Decompression and ACJ resection Protocol

On Discharge from Hospital

- 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

Out patient Physio

- Begin isometric strengthening (progress using pain & ROM as the limiting factor)
- Rotator cuff strengthening · Address posterior capsular tightness (sleeper stretch and cross-shest adduction)
- Over zealous physio or repetitive sustained overhead activity could lead to delayed healing & pain
- Manual therapy if required to increase range of movement

Milestones

Full active ROM or equivalent to the pre op range 6 Weeks

Full recovery can take 6-9 months.

Expect 80% improvement by 3 months.

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

Orthopaedic and Sports Injuries Services "OASIS"

Munawar Shah FRCS, FRCS Tr & Orth

Consultant Trauma & Orthopaedic Surgeon

Little Aston Spire Hospital
Little Aston Hall Dr
Sutton Coldfield, B74 3UP
01215807406
01922656972
la.oasis@live.co.uk
<http://littleastonoasis.com>

