



Figure 3. Subacromial decompression operation

Arthroscopic Subacromial decompression and/or AC joint excision (partial /no cuff tear): Rehabilitation Protocol 1

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Procedure:

- Removal of bone from the under surface of acromion & partial resection of the coracoacromial ligament
- The AC joint remains intact unless excision is indicated, the distal clavicle and part of the acromion is removed
- The superior AC ligament remains intact so that the joint remains stable

	Post op
Day Case Unit & 0-2 weeks	<ul style="list-style-type: none"> • Broad arm sling -1 week • Full ROM elbow, wrist, hand • Shoulder pendular exercises • Active assisted ext rot/int rot • Active assisted flex • Slow passive ROM • Isometric cuff strengthening
Week 2 Out patient Physio	<ul style="list-style-type: none"> • Scapular strengthening • Biceps /triceps strengthening • Side lying ext rotation • Stick press up - supine • Progress to supine pendular exercises
Week 3/4	<ul style="list-style-type: none"> • Resistance work below shoulder height • Progress ROM
Week 5/6	<ul style="list-style-type: none"> • Advanced overhead strengthening • Proprioceptive work • Closed chain wall push ups & bclose grip press ups
Week 8	<ul style="list-style-type: none"> • Activity and work specific

The above information is intended as a guide only. Treatment may be modified based on the extent of the injury, type of surgery performed, pain level and speed of recovery.

Return to functional activities

Return to work	Sedentary job: as tolerated Manual job: may need to modify activities for 3 months
Driving	1 week if able
Lifting	6 weeks
Swimming	Breaststroke: as able Freestyle: 12 weeks
Golf	As able
Racquet sports	Avoid repetitive overhead shots for 3 months