



THE ARMDOC

www.TheArmDoc.co.uk

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MD, D.SportMed, PhD, FRCS (Tr and Orth)

Subspecialist in Upper limb and Complex trauma reconstruction

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**ARTHROSCOPIC SUB-ACROMIAL DECOMPRESSION (ASD) &
ACROMIO-CLAVICULAR JOINT (ACJ) EXCISION**

	Post op
Day 1-3 Weeks	<ul style="list-style-type: none">• Sling until block wears off (completely discarded by 2 weeks)• Teach active assisted exercises in all planes, progressing to Active as able• Postural awareness and scapular setting
3-6 Weeks	<ul style="list-style-type: none">• Progress active range of movement• Progress strengthening

Milestones	
Week 3	Full passive range of movement
Week 6	Full active range of movement, good scapular control

Sling – max two weeks

Return to Functional Activities

Driving	Once ROM and muscular power restored & pt feels safe
Swimming	As pain allows
Golf	6 weeks
Racquet Sports/Repeated	2-3 months



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Overhead Activities

Lifting

As able

Work

Sedentary - As able

Manual - 6 weeks, may need to modify activity for 3 months

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS