

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

Subspecialist in Upper limb and Complex trauma reconstruction

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<u>ARTHROSCOPIC SUB-ACROMIAL DECOMPRESSION (ASD) &</u> <u>ACROMIO-CLAVICULAR JOINT (ACJ) EXCISION</u>

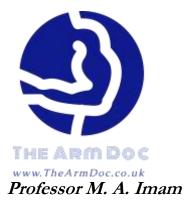
	Post op
Day 1-3 Weeks	 Sling until block wears off (completely discarded by 2 weeks) Teach active assisted exercises in all planes, progressing to Active as able Postural awareness and scapular setting
3-6 Weeks	Progress active range of movementProgress strengthening

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 Work

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

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS