



SUBACROMIAL DECOMPRESSION/ AC JOINT EXCISION PROTOCOL

MR DEVINDER GAREWAL

MBBS (Melb), BMedSci, FRACS (Ortho), FAOrthA

ORTHOPAEDIC SHOULDER SURGEON

WARRINGAL MEDICAL CENTRE SUITE 9, 214 BURGUNDY STREET HEIDELBERG, VIC 3084

TEL: 1300 ARMCLINIC | 1300 276 254 EMAIL: ADMIN@MELBOURNEARMCLINIC.COM

WWW.MELBOURNEARMCLINIC.COM



SUBACROMIAL DECOMPRESSION/ AC JOINT EXCISION

MR DEVINDER GAREWAL
 MBBS (Melb), BMedSci, FRACS (Ortho), FAOrthA
ORTHOPAEDIC SHOULDER SURGEON

SLING	WHEN WILL I GO HOME?	WHAT CAN I DO?	WHAT CAN'T I DO?
3 - 5 days	You will be discharged on the same day as the operation	Any range of motion without causing pain	Respect pain, no forced movement or repeated overhead activities

ACUTE PHASE (0-2 WEEKS)

GOALS:

- Reduce pain
- Restore range of movement
- Minimise muscle inhibition
- Discard sling 3-5 days after operation

REHABILITATION:

- Active assisted/active supported mobilization respecting pain
- Isometric rotator cuff exercises
- Ensure scapular control
- Scapular stabiliser exercises
- Postural correction

CRITERIA FOR PROGRESSION:

- Reduction and control of pain
- Range of movement (should achieve >90° elevation by end of first week)
- Compliance with exercises

LATE PHASE (>8 WEEKS)

GOALS:

- Restore optimal cuff and scapula control through range
- Optimise function specific power, strength and endurance
- Return to work, sport and recreational activities

REHABILITATION:

- Ensure neuromuscular control through range and incorporated with kinetic chain
- Function specific strengthening and endurance exercises
- Continue to strengthen cuff and scapular musculature

INTERMEDIATE PHASE (2-6 WEEKS)

GOALS:

- Reduce pain further
- Restore functional range of movement
- Cuff and scapular control

REHABILITATION:

- Progress cuff and scapula recruitment and control through range
- Continue to increase range of movement
- Progress kinetic chain integration
- Increase functional emphasis movement pattern correction
- Hydrotherapy permitted

CRITERIA FOR PROGRESSION:

- Pain free functional range of movement
- Control of cuff and scapular through functional range

GUIDELINES FOR RETURN TO FUNCTIONAL ACTIVITIES

DRIVING	1 week
LIFTING	As able
SWIMMING	Breaststroke 2 weeks, Avoid freestyle for 6 weeks
GOLF	6 weeks