

OPEN ACROMIOPLASTY –DR. PRODGER

General Information:

Open procedure therefore sling for 2-3 weeks. Sling to be removed for exercise and shower only for first 2 weeks then may also be removed for sleeping.

No active flexion or abduction for 2 weeks.

Pre-op (only seen if specific concerns):

- Sling fitted
- Post-op exercises reviewed: hand/wrist, elbow flexion/extension, scapular setting and pendulum only

Day 0/1:

- Review surgical notes to check any specific post-op orders
- Patients should be seen a.m. and p.m. to remove sling and complete exercises
- Post-op exercises reviewed: hand/wrist, elbow flexion/extension, shoulder active internal and external rotation in adduction, scapular setting and pendulum only
- Post-op exercises: hand/wrist, elbow flexion/extension, scapular setting and pendulum only
- Patients to be provided with post-op exercise sheet

Discharge:

- Normally on Day 1
Refer to physiotherapy.
- Continue above exercises until reviewed by surgeon at 2 weeks
- Keep wound dry and intact until review
- Passive shoulder exercises .
- Scapula stability exercises.

0-2 weeks:

1. No active flexion or abduction for 2 weeks.
2. Aim for full passive ROM by 3 weeks.
3. Sling off at 2-3 weeks.

2-12 weeks:

- Commence active assisted, to active ROM exercises as tolerated.

Last Review Date:

4/2013

Next Review Date:

2.2015