

ARTHROSCOPIC ACROMIOPLASTY –DR. PRODGER

General Information:

Arthroscopic procedure therefore sling for 2-3 days.

Sling to be removed for exercise and shower for first 2 -3 days then may also be removed for sleeping.

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:
 1. Hand/wrist, elbow flexion/extension,
 2. Shoulder active internal and external rotation in adduction, scapular setting and pendulum,
 3. Active assisted to active flexion and abduction over first 2 weeks as pain allows.
- 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
- Active assisted /passive shoulder exercises .
- Scapula stability exercises.

0-2 weeks:

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

2+ weeks

- Cuff retraining/strengthening

Last Review Date:

4/2013

Next Review Date:

2.2015

