

Subacromial Decompression +/- ACJ Excision

Subacromial Decompression +/- ACJ Excision surgery is performed when:

Evidence of inflammation or scuffing on the under surface of the acromion, coracoacromial ligament and on the bursal side of the rotator cuff (i.e. presence of impingement)

Procedure

- Removal of bone from the acromion & partial resection of the coracoacromial ligament.
- The AC joint remains intact unless excision is required due to pain localising to this site when the distal clavicle and part of the acromion is removed.
- The superior AC ligament remains intact so that the joint remains stable.

Rehabilitation Protocol

Some of the physiotherapy terms may be unfamiliar to you now. They will become clear as you work with your physiotherapist.

On Discharge from Hospital

- Immobiliser (This should be removed within the first 2-3 days)
- Post-op Exercises on discharge
- Active (assisted) glenohumeral movement in all planes
- Teach postural awareness and scapular setting

Outpatient Physio

- Begin isometric strengthening (progress using pain & ROM as the limiting factor)
- Rotator cuff strengthening
- Address posterior capsular tightness (sleeper stretch and cross-chest adduction)
- Overzealous physio or repetitive sustained overhead activity could lead to delayed healing & pain
- Manual therapy if required to increase range of movement

Milestones

Time after surgery	What you can expect from your shoulder
Week 6	Full Active Range of Motion or equivalent to the pre op range
3 months +	Expect 80% improvement by 3 months Full recovery can take 6-9 months

Any Significant increase in pain or decrease in ROM arrange a clinic appointment for a review

Return to functional activities

Activity	When you can expect to be able to do the activity
Return to work	Sedentary job: as tolerated Manual job: may need to modify activities for 3 months
Driving	4 weeks
Swimming	Breaststroke: as able Freestyle: 12 weeks
Lifting	As able
Golf	6 months
Racquet Sports	Avoid repetitive overhead shots for 3 months
Contact/High Impact Sports	3 months e.g. Rugby League, AFL, Martial Arts, Racket Sports, Surfing