

Return to work

This is dependent upon your job. For manual jobs you will need to be away from work for up to 6 weeks.

If your job does not involve heavy lifting or carrying you will be able to return to work as soon as you feel able.

Return to driving

You are allowed to drive 2 to 3 weeks after your surgery. This often depends on how much pain you may be experiencing and the degree of movement in the shoulder. It is also advisable to contact your insurance company and inform them of the surgery you have had.

If you experience any problems please contact:
Mandy Howes, Nurse Practitioner. Tel: 01205 446848.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

Excellence in rural healthcare

NHS
United Lincolnshire
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Arthroscopic Sub-acromial Decompression

Orthopaedic Department
Pilgrim Hospital

Physiotherapy: 01205 445359/446412
Occupational Therapy: 01205 446412

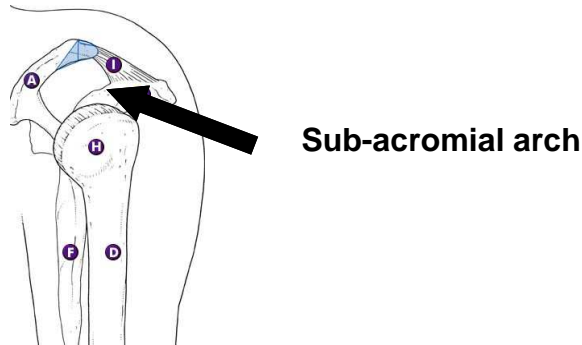
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Procedure

The end of the acromion shown as 'A' is removed.

This enlarges the sub-acromial arch allowing greater space for the muscles and tendons to pass through.

This prevents rubbing of the muscles against the bone relieving the symptoms of pain on movement.



Instructions for after your operation

Day 1:

You will be provided with a sling for support.

This can be removed for washing and dressing and to complete exercises. Exercises should be completed 2 hourly.

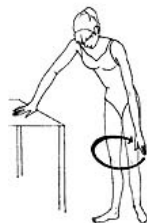
You should remove and discard the sling as soon as you feel able and comfortable enough to do so.

Exercises Day 1 to 2 weeks

Pendulum:

Lean forwards letting operated arm hang. Gently swing the arm:

- Forwards and backwards
- Across the chest then away from the side of the body
- In a circular motion



Active assisted abduction:

Grip the end of the stick with arm to be exercised.
Lift the stick up sideways



Active assisted flexion:

Grasp wrist of operated arm, reach over head as far as possible



Static lateral rotation:

Stand with elbow bent to 90°, push outwards into the wall



Static medial rotation:

Stand with elbow bent to 90°, push inward against the wall



Complete 10 repetitions of each exercise every 2 hours

Two weeks after your surgery

Two weeks after your operation you can remove the dressing and wash off the steri strips in the shower or bath. At this point you should continue with all the exercises as overleaf.

Four weeks after your surgery

You will be reviewed in the clinic by the specialist nurse.

The movement and strength of your arm will be assessed.

If there is a problem you will be referred to physiotherapy for further input.