



## Rehabilitation Protocol following Shoulder Sub-Acromial Decompression & AC Joint Excision Arthroplasty

### What to expect?

Sling	When can I go home?	What can I do?	What can't I do?
Only for comfort; weane within 1-2 weeks	1 night stay in hospital	Any movements as pain allows	No forced movements or overhead activities

### Plan for review appointments?

If something feels wrong	2 weeks	3 months
Call the office in business hours; GP/local emergency department if after hours	Wound check and change of dressings	Review to see how you're progressing

### Notes to Physiotherapist

Sling for 1-2 weeks only  
 ROM as tolerated  
 Scapular stabilisation exercises  
 Neck, Elbow, Wrist and Hand exercises  
 Avoid activities that may impinge on denuded bone of the acromion (e.g. repetitive overhead activities) or ACJ (e.g. cross body abduction) for 6 weeks

### Returning to occupational and recreational activities?

Driving 2 weeks  
 Light work 2 weeks  
 Heavy work 3 months  
 Run/Road bike 6 weeks  
 Gym 3-6 months  
 Swim 3-6 months  
 Tennis 3-6 months  
 Contact sports 3-6 months