

Shoulder Arthroscopy Acromioplasty or Debridement

Procedure

- General anaesthetic and local infiltration
- Usually one night in hospital
- Small arthroscopic (keyhole) incisions to visualise the shoulder structures and perform the surgery
- Acromioplasty involves clearing the bursa, trimming the undersurface of the acromion and any bone spurs, and removal of calcium (if present)
- Additional debridement ('tidying up') may be performed to address other soft tissue changes or loose fragments/flaps
- A light sling is commonly applied depending on the procedure

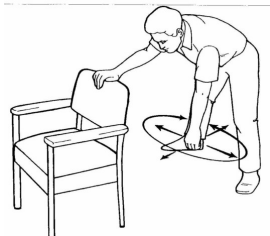
Day One Post-Op

- Usually the sling is used for comfort when up and about
- May shower without sling on and use arm gently as comfort allows
- Pendulum exercise - 30 seconds twice a day

Pendulum Exercise

You can see a video demonstration at <http://tinyurl.com/pendulumexercise>

1. Lean forward and hang your arm
2. Swing your arm in a gentle circle, building towards a 30 centimeter diameter.



Rehabilitation

- Sling for comfort when up, usually for 5 days then discontinue the sling
- Use arm in comfort range below eye level
- Don't lift heavier than 2 kilograms initially and avoid rapid movements
- After 3 - 4 weeks of light use, more structured rehabilitation can commence

Rehabilitation and Physiotherapy Guidelines

- Initially work on posture, scapula control, range of motion
- Normalise patterns of use for activities of daily living
- Light theraband inner-range strengthening when 80% range of motion is re-established (usually around 6 weeks post-surgery)
- Usually gym-based strengthening can commence approximately 8 weeks post surgery
- Proprioception and sport-specific rehabilitation once sufficient strength is regained
- Generally the earliest return to more challenging shoulder activities is 3 or more months post surgery
- Overall improvement will continue to for 12 – 18 months after surgery

Return to Work Guidelines

Often the initial return to work is part-time hours and modified duties, gradually building up.

- **Sedentary work and driving:** 7 – 10 days
- **Light duties at desk height:** 10 – 14 days
- **Medium lifting below eye level:** 6 weeks
- **Heavy work:** may be around 2 - 3 months (depending on progress)