

**Mr Mark S. Falworth MBBS FRCS(Eng) FRCS (Orth)**  
**Consultant Orthopaedic Surgeon**  
**Shoulder and Elbow Surgery**

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Spire Bushey Hospital  
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**Appointments & Queries:**  
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*All correspondence to Spire Bushey Hospital*

**Physiotherapy protocol:    Arthroscopic Subacromial Decompression +/- ACJ Excision**

Weeks 0-4:

- PROM → AAROM → AROM as tolerated
- With a distal clavicle resection, hold cross-body adduction until 8 weeks post-op; otherwise, all else is the same in this rehab program
- ROM goals: Week 0-2; 90° FE/0° ER at side  
                  Week 2-4; 140° FE/40° ER at side
- No abduction-rotation until 4-8 weeks post-op
- No resisted motions until 4 weeks post-op
- Discontinue sling at 1-2 weeks post-op; use sling only when sleeping if needed
- Heat before. Ice / Cryocuff after Physio sessions

Weeks 4-8:

- Increase AROM in all directions with passive stretching at end ranges to maintain shoulder flexibility
- Goals: 160° FE/60° ER at side
- Begin light isometrics with arm at side for rotator cuff and deltoid; can advance to bands as tolerated

Weeks 8-12:

- Advance strengthening as tolerated: isometrics → bands → weights; 10 reps/1 set per rotator cuff, deltoid, and scapular stabilisers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- If ROM lacking, increase to full with passive stretching at end ranges
- Begin eccentrically resisted motions and closed chain exercises.

Comments: