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ARTHROSCOPIC SUB-ACROMIAL DECOMPRESSION (ASD) & ACROMIO-CLAVICULAR JOINT (ACJ) EXCISION

	Post op
Day 1-3 Weeks	• Sling until block wears off (completely discarded by 2 weeks) • Teach active assisted exercises in all planes, progressing to Active as able • Postural awareness and scapular setting
3-6 Weeks	• Progress active range of movement • Progress strengthening

Milestones	
Week 3	Full passive range of movement
Week 6	Full active range of movement, good scapular control

Sling – max two weeks

Return to Functional Activities

Driving	Once ROM and muscular power restored & pt feels safe
Swimming	As pain allows
Golf	6 weeks
Racquet Sports/Repeated	2-3 months
Overhead Activities	
Lifting	As able
Work	Sedentary - As able
	Manual - 6 weeks, may need to modify activity for 3 months

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS