

**Post-op rehabilitation program for arthroscopic sub-acromial decompression**

**Problem:** impingement syndrome with reduced range of movement and shoulder pain

**Aim:** to increase range of movement and reduce pain

**Important points:** wean out of sling by day 5 if possible

**Forbidden:** heavy activities or heavy work before 5 weeks

no heavy activities or sport above shoulder height and arm pulled back for 3 months (ABER position)

**Expectations:** return to desk jobs at 10 days

driving from end of week two (if pain and function allows safe driving).

Breaststroke swimming at 3 weeks

Golf at 6 weeks

**Physiotherapy protocol day 1 onwards:**

- Ensure adequate pain relief, neurovascular status normal and no signs of infection
- Hand and elbows exercises
- Pendulums and circles
- Active external rotation
- Shoulder shrugs and scapular exercises
- Begin active assisted movements if possible

**Physiotherapy protocol day 7 onwards:**

- Progress passive and active range of movement exercises
- Isometric strengthening
- Manual therapy techniques may speed up progression

**Physiotherapy protocol day 21 onwards:**

- Continue to progress range of movement and strength
- May take up to 3 months to progress through regime