



**MELBOURNE
SHOULDER
& UPPER LIMB**

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