

**When can I start?**

**Light work** (no heavy lifting) – 2-4 weeks

**Heavy work** (or above shoulder level) – 12 weeks+

**Driving** – Discuss with your consultant

**Please bring a vest top to all of your follow up physiotherapy appointments.**

**Your follow up Physiotherapy appointment:**

DATE :.....TIME :.....

PHYSIOTHERAPIST :.....

If you have any questions regarding any of the advice included in this leaflet please do not hesitate to contact the physiotherapy department on **0114 263 2112**

For advice on how long to wear your stockings please contact the nursing staff on **0114 263 2176**

**Useful website:** [www.shoulderdoc.co.uk](http://www.shoulderdoc.co.uk)



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# Sub-Acromial Decompression

## Physiotherapy Advice



Welcome to exceptional healthcare



PART OF ASPEN HEALTHCARE

### What have I had done?

Any abnormal bony growths or scar tissue that may have developed in your shoulder are removed. A sling is required for 1-2 days until full sensation returns to arm.

### Will I experience pain?

You are likely to experience pain in the shoulder and in the upper arm in the first 12 weeks. The pain may be worsened on activity, which is normal. You will be prescribed pain relief to take home, this is to be used to ensure you can meet all recovery goals.

**If you find your medication is not managing your pain well, it is important to visit your GP to review the pain relief to avoid falling behind schedule with your rehabilitation.**

### What should I avoid?

Removing the sling while arm is still numb  
Heavy lifting in the first 12 weeks.

### What can I do to help myself?

**Take pain relief as advised by nursing staff.**

Apply ice in a damp pillowcase/tea towel to the shoulder for 15 minutes max (before, during or after exercises), ideally 3-5 times a day  
Sleep on your back and use pillows to support the arm for comfort.

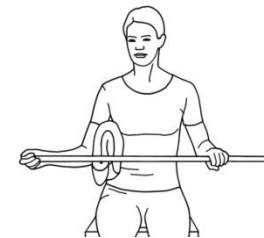
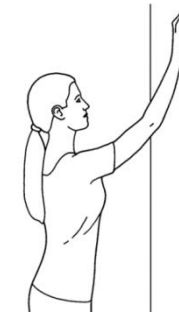
### Exercises

**Never force a stretch, only go to what you can comfortably tolerate.**

**But be progressive.**

The exercises will be discussed/demonstrated on the day of your operation. The exercises are very important to allow optimal recovery from your operation.

**Start your exercises when the nerve block wears off.**



### Exercises

Lie on back, use good arm to lift operated arm straight over your head.

Maintain good posture.

Hold 3 seconds.

Repeat 10 times. 4 x daily

Stand facing a wall. Using a towel or paint roller, ease your hand up the wall avoiding compensation (arching the back or shrugging the shoulder). Step closer to the wall to get further with your arm. Reverse down the same way. *Hold 3 seconds, 10 times.* This movement can also be done for the arm out to the side movement.

Sitting or standing. Place rolled up towel/pillow between elbow and body. Maintain 90 degrees at the elbow. Push hand out to the side with a stick, maintain contact between elbow and towel/pillow  
Hold 3 seconds.

Repeat 10 times. 4 x daily

Throughout the day, gently move the head and neck. Keeping shoulders still: look up to the ceiling, down to the floor, over left shoulder, over right shoulder, left ear to left shoulder and right ear to right shoulder.