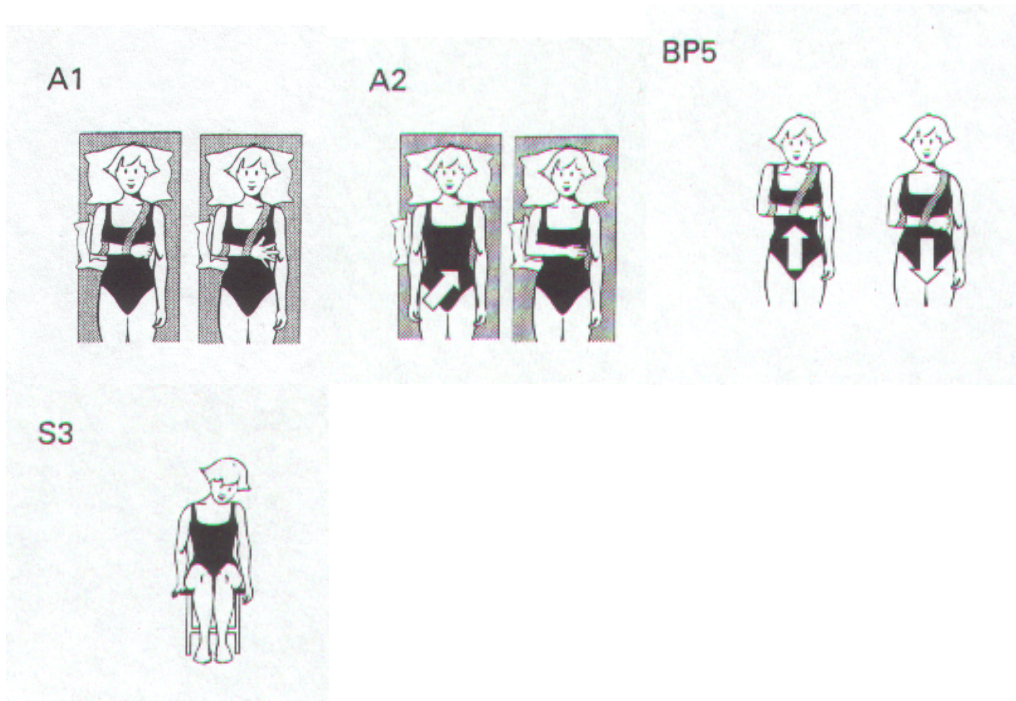


Surgical subacromial decompression for impingement associated with large or massive rotator cuff tear

Postoperative period:

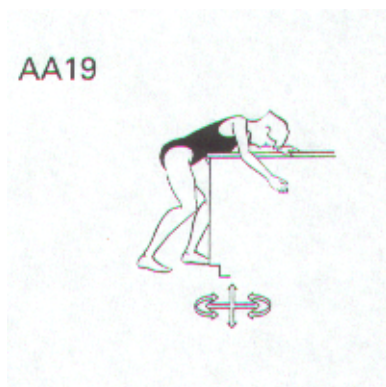
The described exercises should be done 3 times per day in series of 8-10 repetitions.

The immobiliser, holding the shoulder in moderate abduction (approximately 20 degrees), should be worn for 6 weeks.



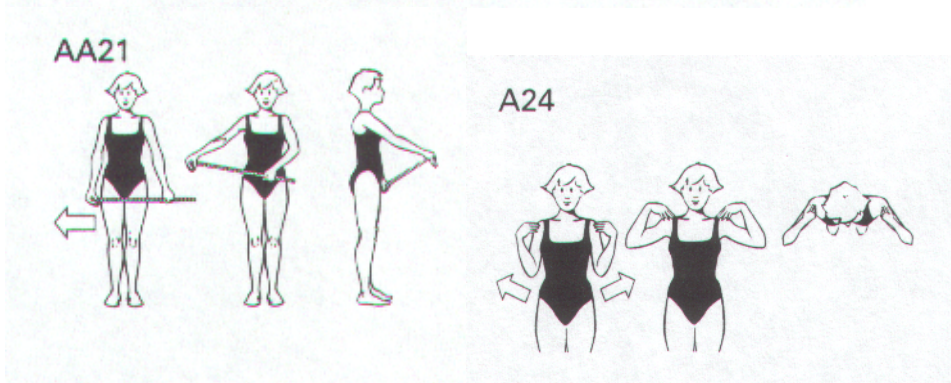
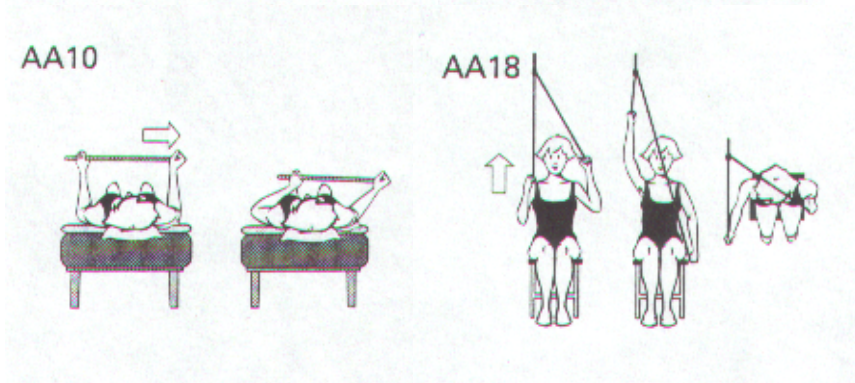
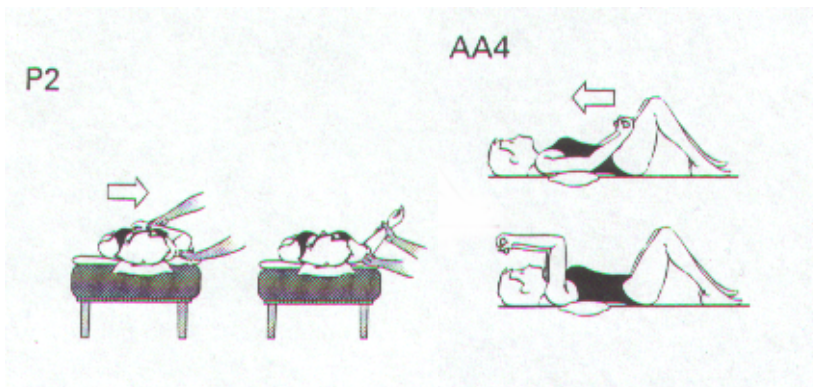
Day 1:

- Localised application of ice 20 min 3 times per day (for first 3 days).
- Hand pumping and elbow flexion-extension exercises with loosened sling.
- Elevation, depression scapular movements and shoulder protraction and retraction exercises wearing the sling.
- Self stretching of the trapezius.
- Codman pendular exercises from day 6-7



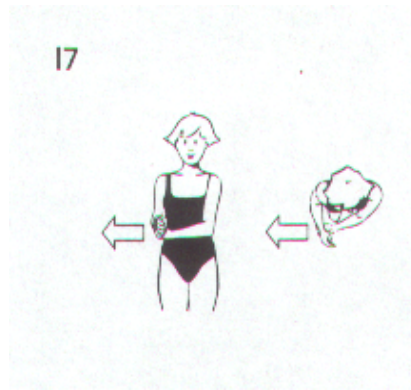
4 – 6 weeks:

- Assisted mobilisation exercises with pulleys and stick limiting flexion to 90 degrees and external rotation to 30 degrees as pain allows. Internal rotation as pain allows.
- Same activity in the pool if possible.

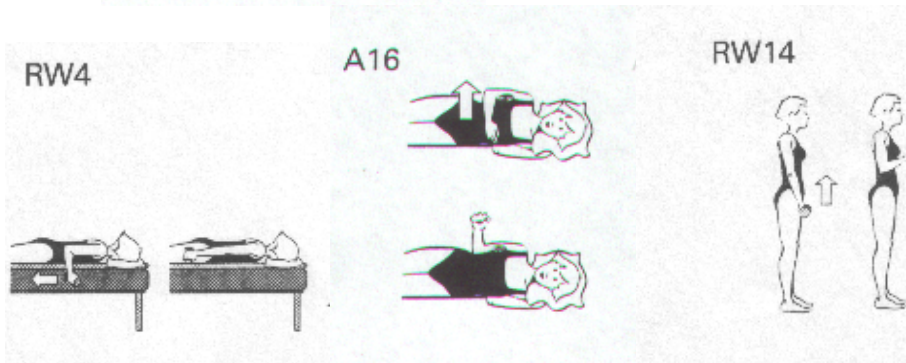
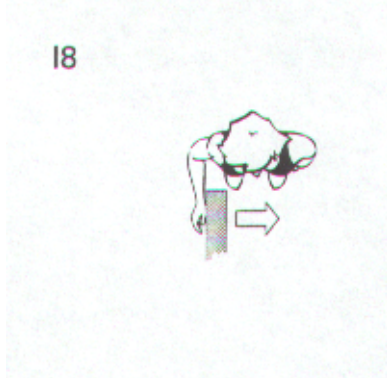


6 -10 weeks:

- Isometric strengthening exercises for internal and external rotation at 0 and 90 degrees of abduction.
- Eccentric and isotonic strengthening exercises in the same direction. Active mobilization exercises.



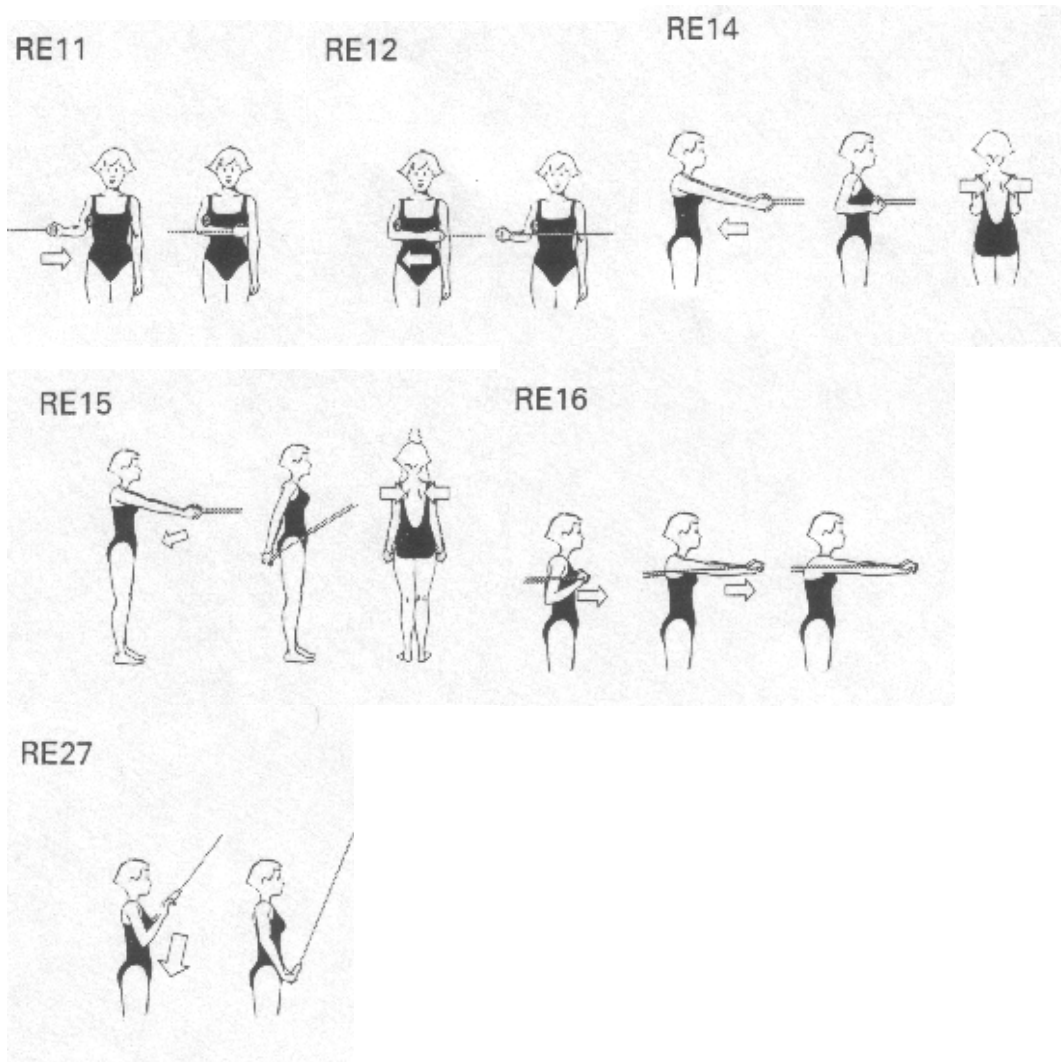
- Manual scapular mobilization.



(Without weights!)

10 -14 weeks:

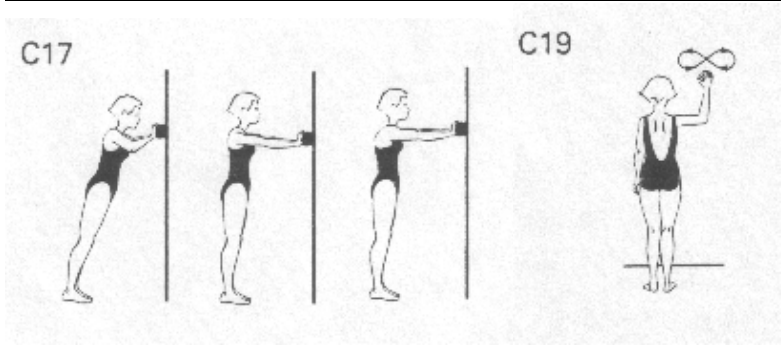
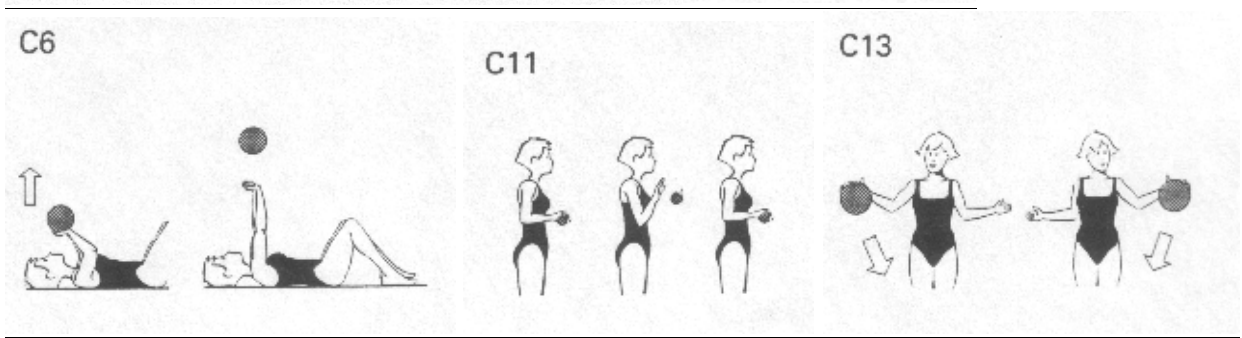
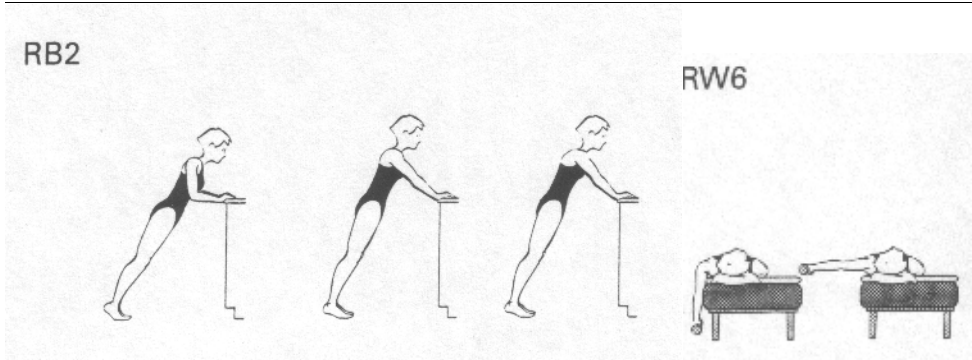
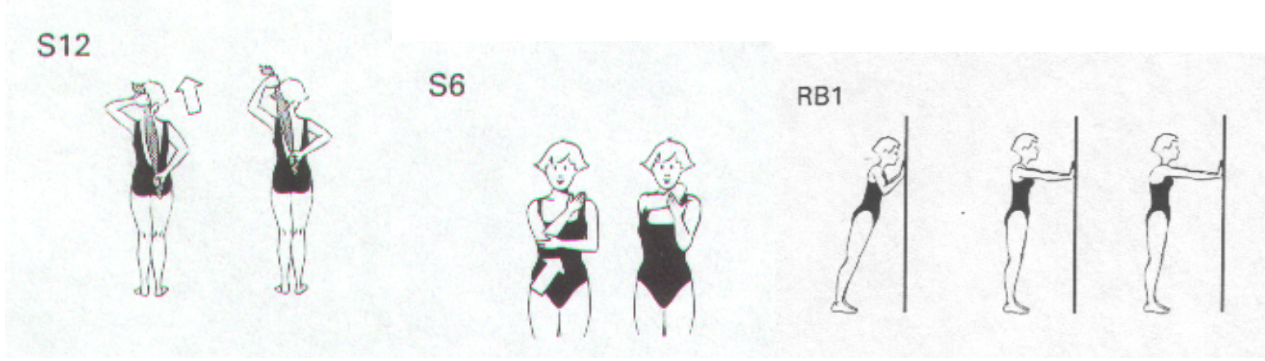
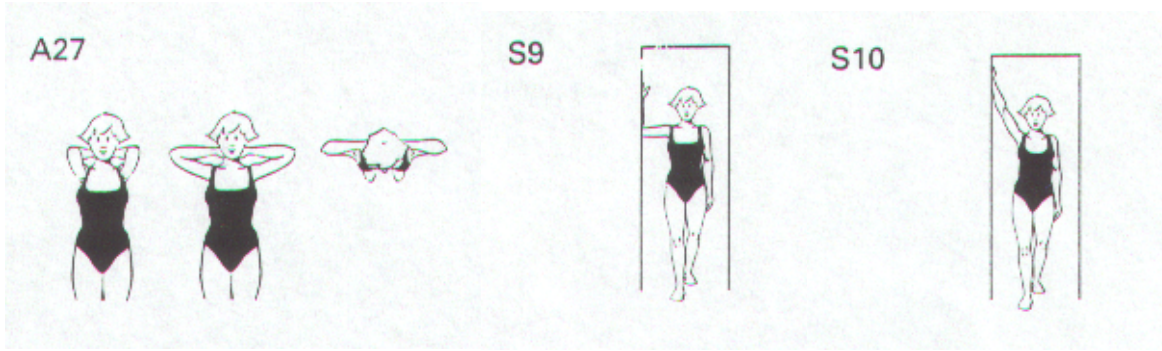
- Active mobilization exercises.
- Strengthening exercises with elastic band for external rotators in various degrees of abduction and of periscapular muscles.
- Strengthening for deltoid only after external rotators have reached a good strength.
- Exercises to regain range of movement and strengthening in the swimming pool.



12 – 18 weeks:

- Self stretching exercises starting with external rotators progressing to the other muscle groups. Avoid movements at end of range of: elevation and abduction.
- Progress strengthening exercises with elastic bands and weights for stabilising and scapular depressors, focussing on anterior deltoid, middle and inferior trapezius.
- Favour muscular resistance exercises, increasing number of reps and decreasing weight used.
- Symmetrical and asymmetrical scapulo-humeral rhythm co-ordination exercises
- Then resume gradually normal daily activity and graduated return to sport.

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During treatment period avoid forced elevation or abduction that could irritate the impingement area and forced internal rotation for the first 8 weeks. It is best to avoid using weights outside of the scapular plane for the first 5 months after the operation until the rotator cuff muscles are significantly strengthened.

Clinic appointments scheduled at 1 week (with physiotherapist), 3 weeks, 3, 6 months and 1 year following the operation.