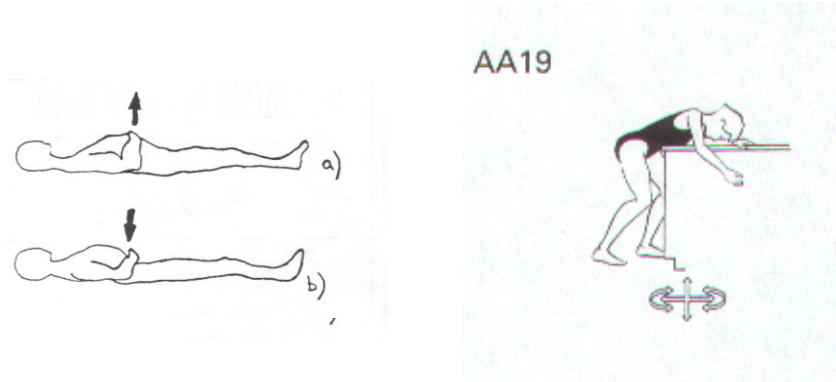


Surgical subacromial decompression for impingement associated with medium rotator cuff tear

Pre operative period:

- Diaphragmatic respiration exercises
- Mobilisation exercises in 3 planes held for min of 30 – 60 seconds that avoid provoking intense shoulder pain.



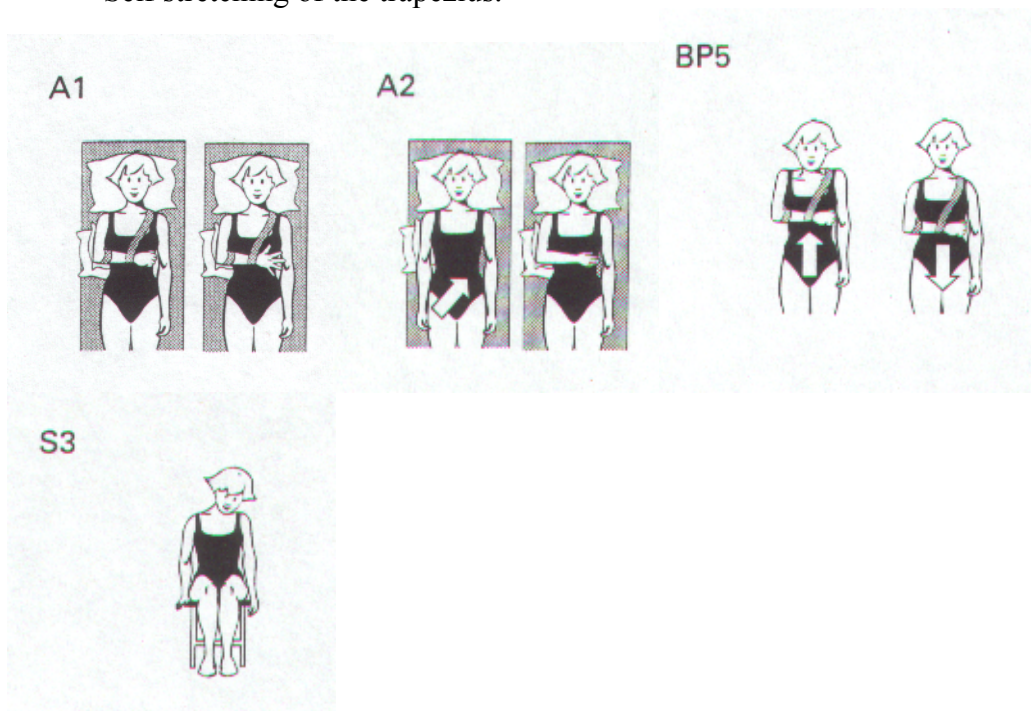
Postoperative period:

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

The sling, holding the shoulder in internal rotation or moderate abduction (approximately 20 degrees), should be worn for 4 weeks.

Day 1:

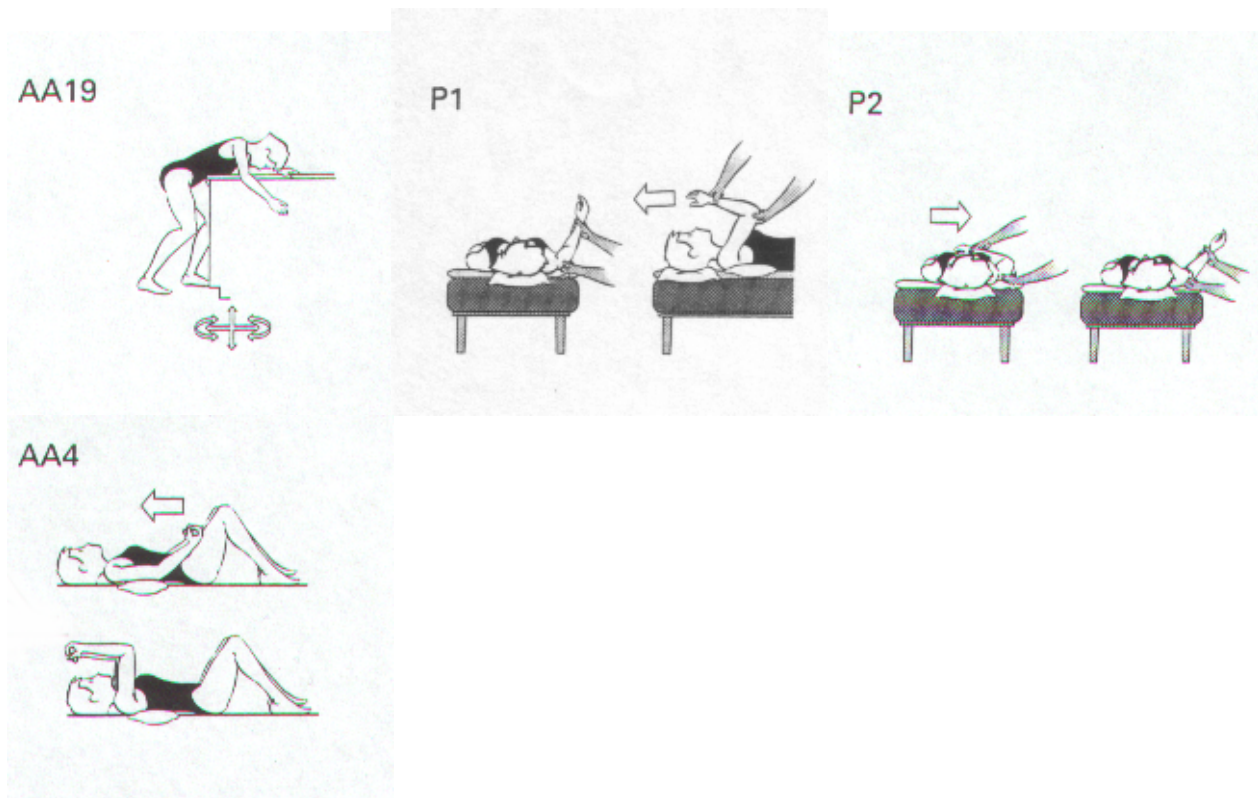
- Localised application of ice (for first 3 days).
- Hand pumping and elbow flexion-extension exercises with loosened sling.
- Elevation, depression scapular movements and shoulder protraction and retraction exercises wearing the sling.
- Self stretching of the trapezius.



2nd day – 3 weeks:

As well as the aforementioned exercises start:

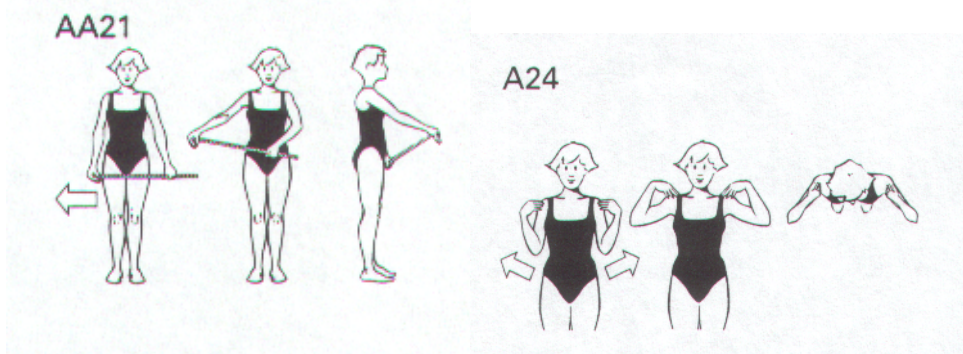
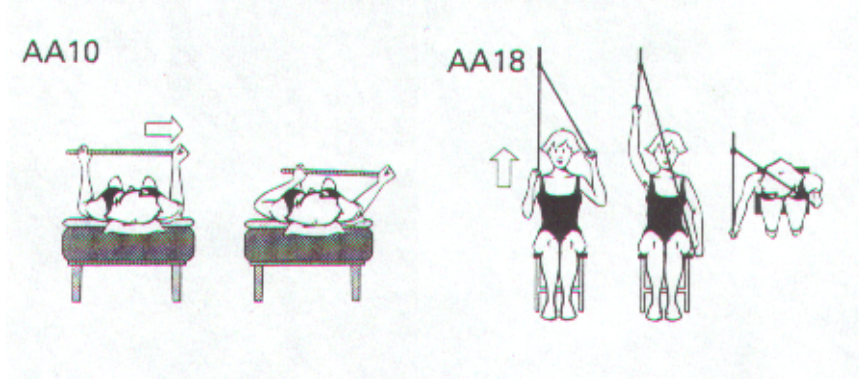
- Codman pendular exercises.
- Passive mobilisation exercises.
- Assisted mobilisation exercises limiting flexion to 90 degrees as pain allows.
- Limit internal rotation to 0 degrees for the first 3 weeks.



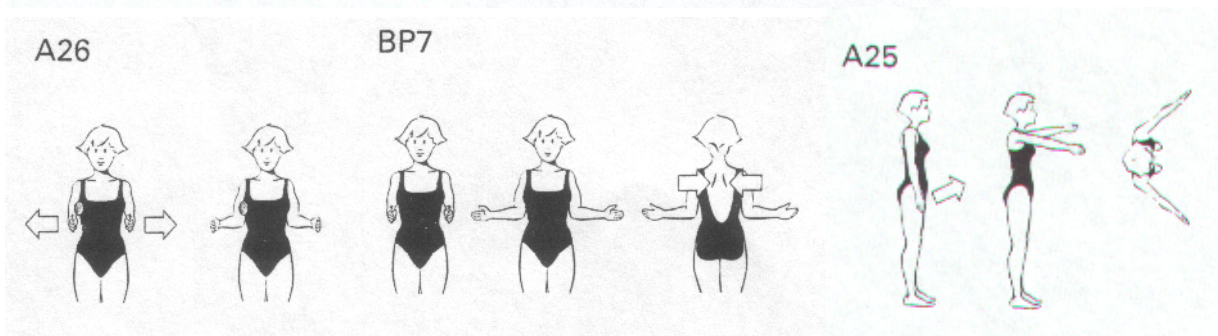
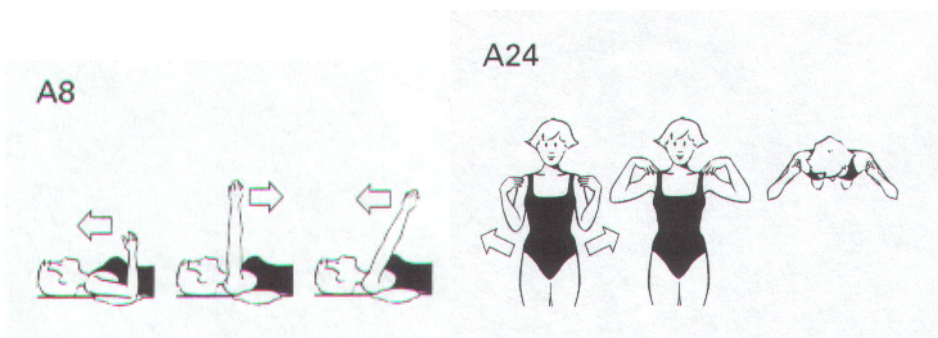
4 – 6 weeks:

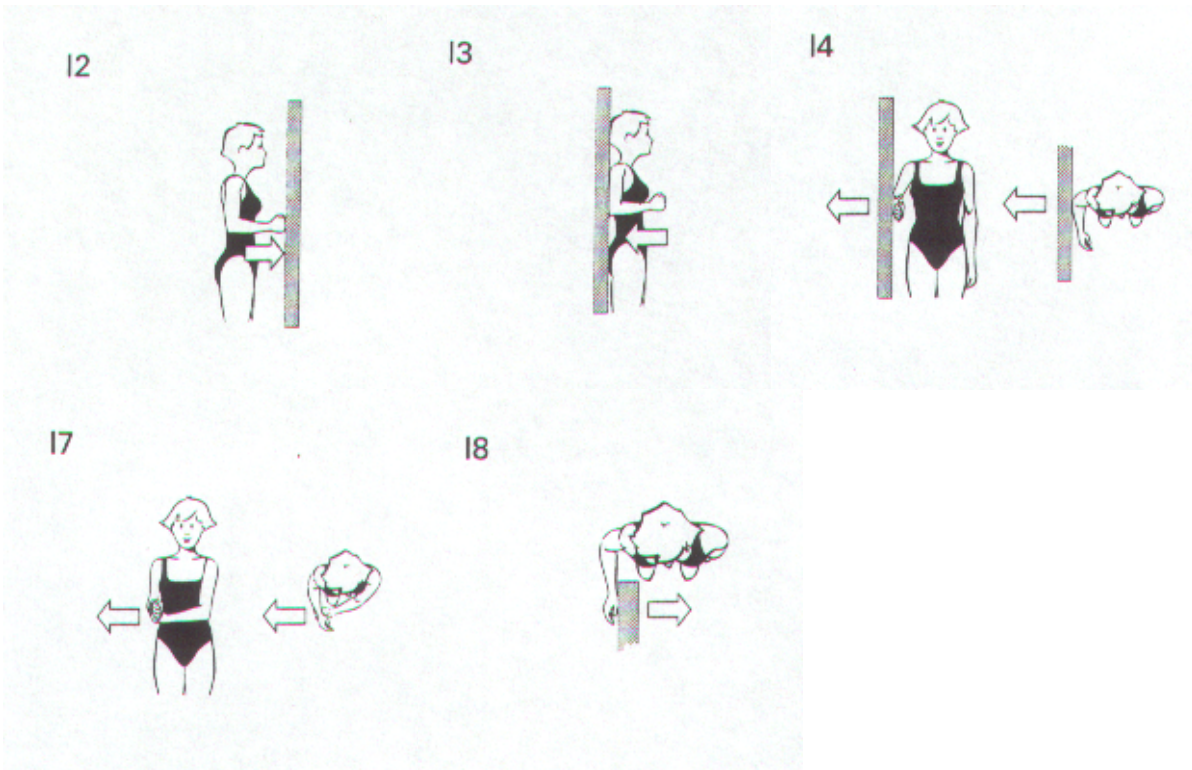
- Assisted mobilisation exercises with pulleys and stick las pain allows.
- Active mobilisation exercises favouring elevation movements in the scapular plane.
- Isometric strengthening exercises for internal, external rotation, abduction, adduction and flexion.
- Eccentric and isotonic strengthening exercises in the same direction without weights or external resistance as pain allows. From 4 weeks add in stretching exercises starting with external rotators and progressing to other muscle groups, avoiding end of range movements in elevation, abduction and flexion.

- Active mobilization exercises.



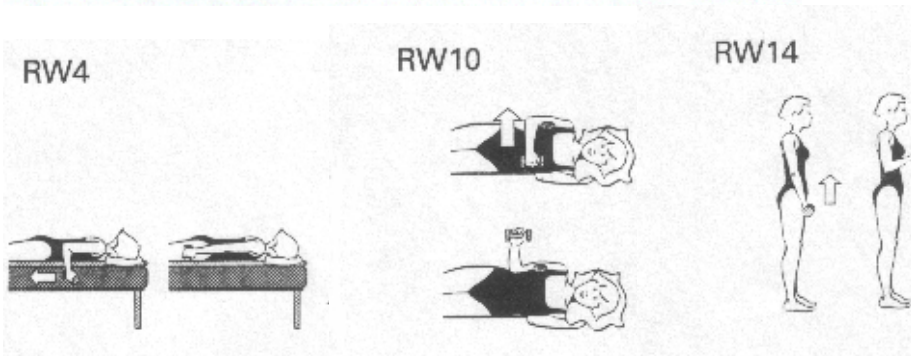
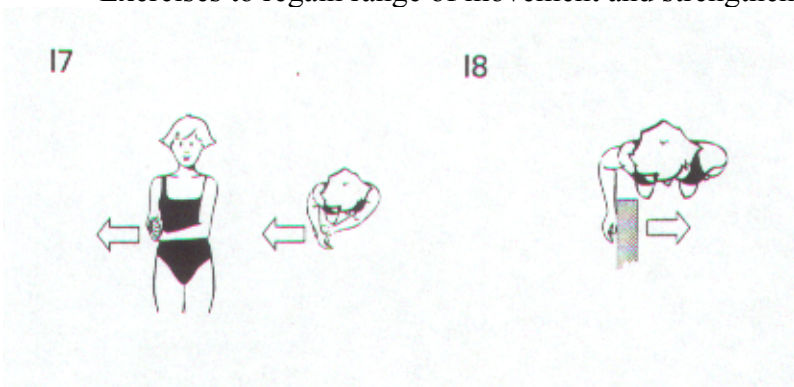
- Strengthening exercises in the swimming pool for biceps, triceps and deltoid.

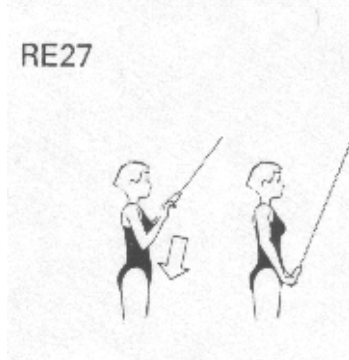
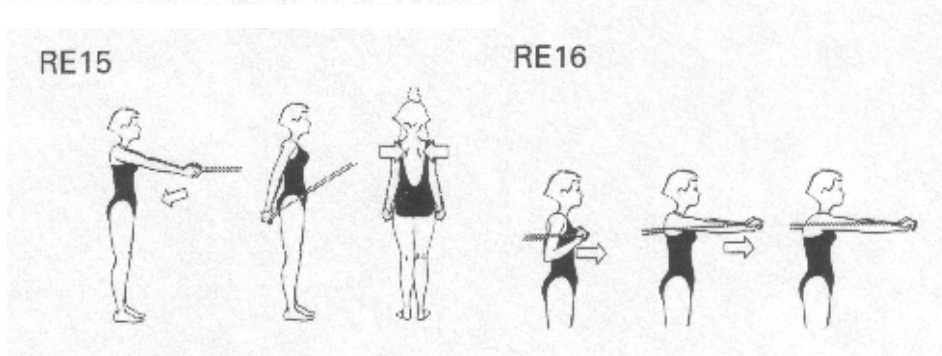
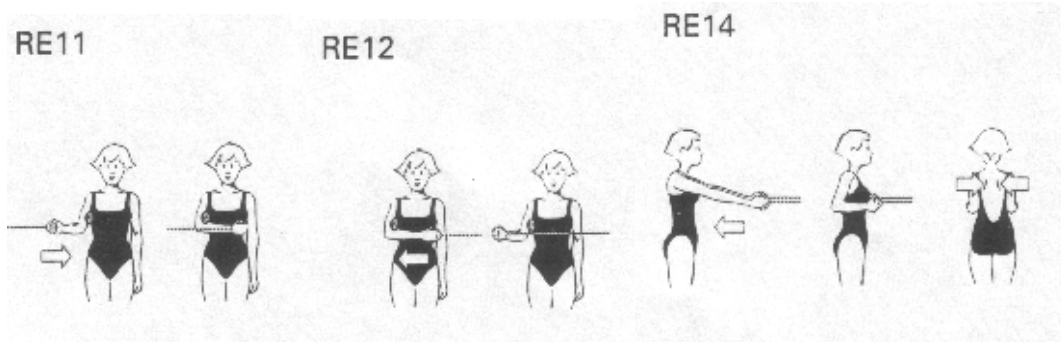




6 – 14 weeks:

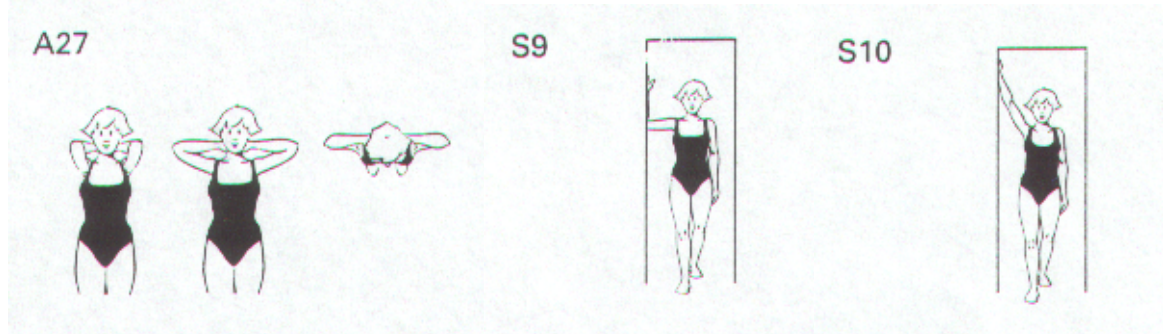
- Isometric strengthening exercises for internal, external rotation and at 0 and 90 degrees of abduction.
- Eccentric and isotonic strengthening exercises in the same direction.
- Active mobilization exercises.
- Strengthening exercises with elastic band for external rotators in various degrees of abduction 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.

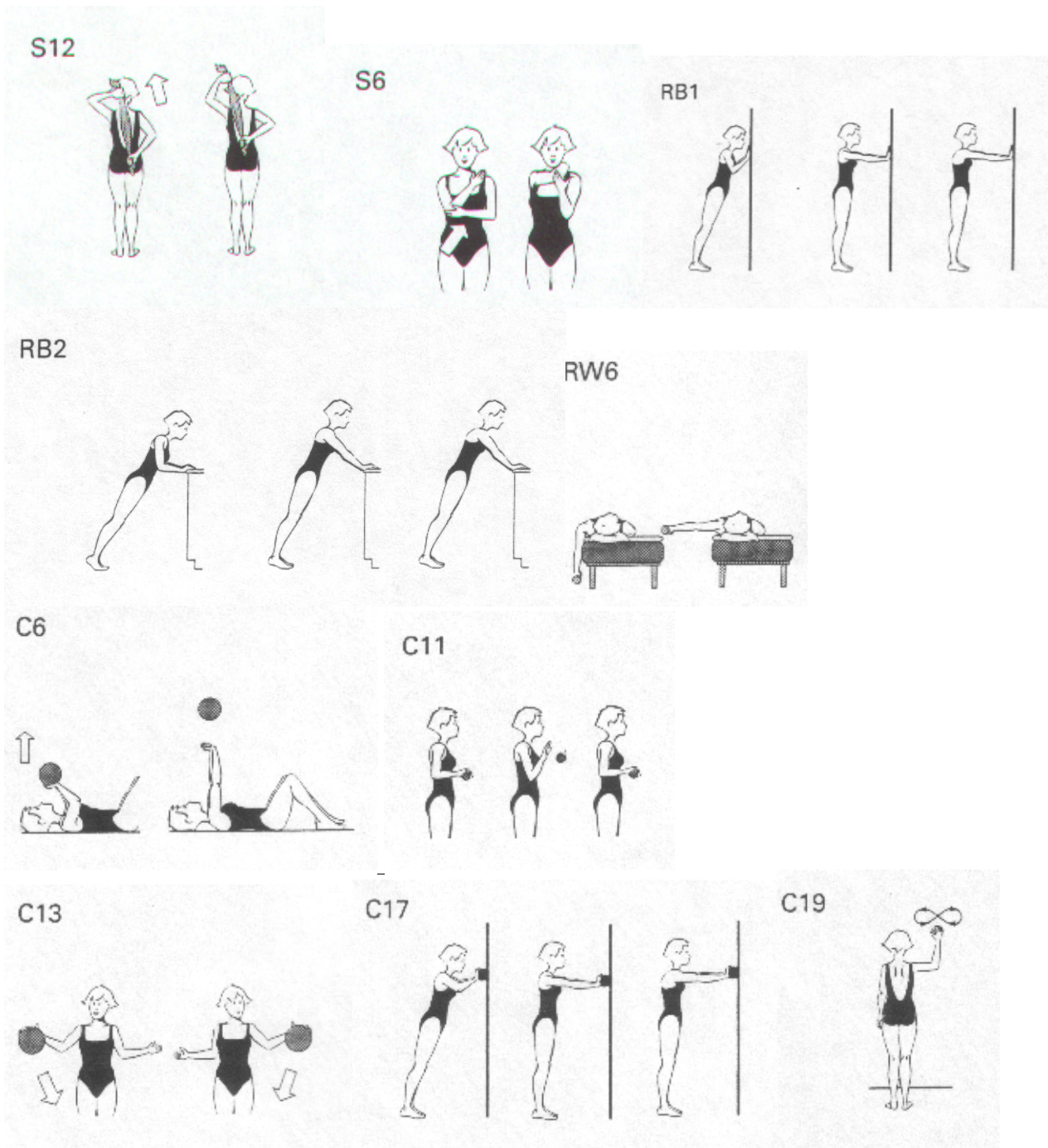




15 – 24 weeks:

- 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





24 weeks onwards:

- Plyometric exercises (ball bouncing, flexible rod, etc).
- Throwing exercises: graduated throwing training.
- Resume normal daily activity and graduated return to sport.

During treatment period avoid forced elevation or abduction that could irritate the impingement area and forced internal rotation for the first 6 weeks. It is best to avoid using weights outside of the scapular plane for the first 3-4 months after the operation until the rotator cuff muscles are significantly strengthened.

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