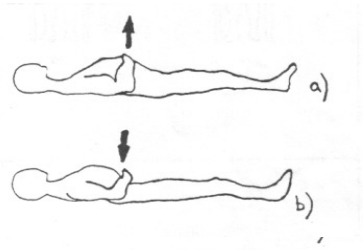


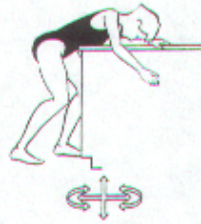
Surgical subacromial decompression for impingement associated with small rotator cuff tear

Preoperative period:

- Diaphragmatic breathing exercises.
- Codman pendular exercises.



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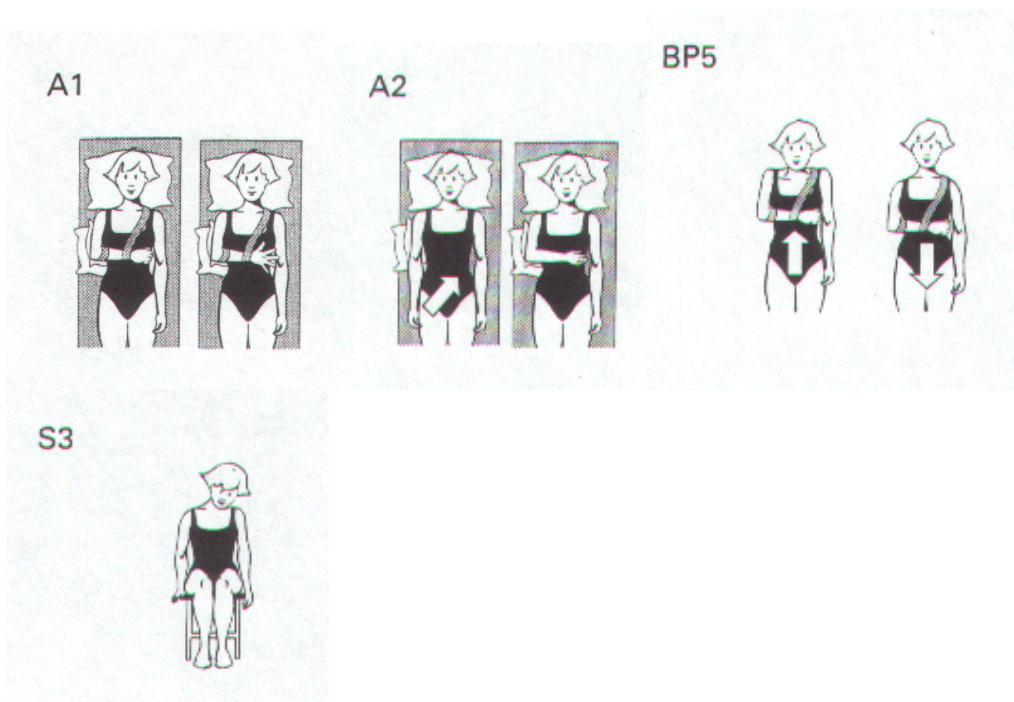
Postoperative period:

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

The immobiliser, holding the shoulder in internal rotation, should be worn for 3 weeks.

Day 1:

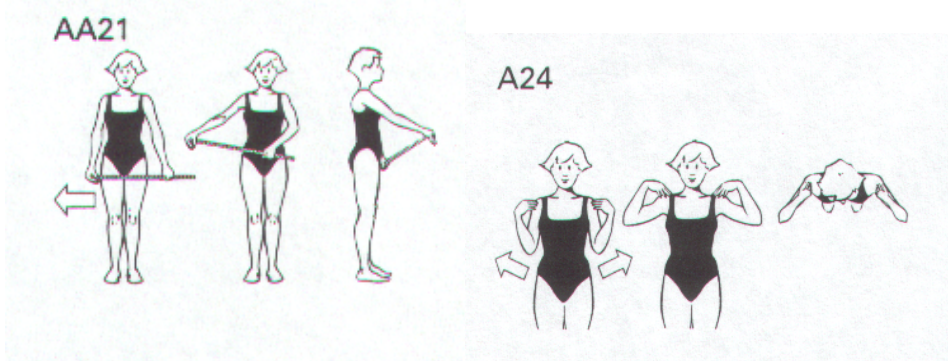
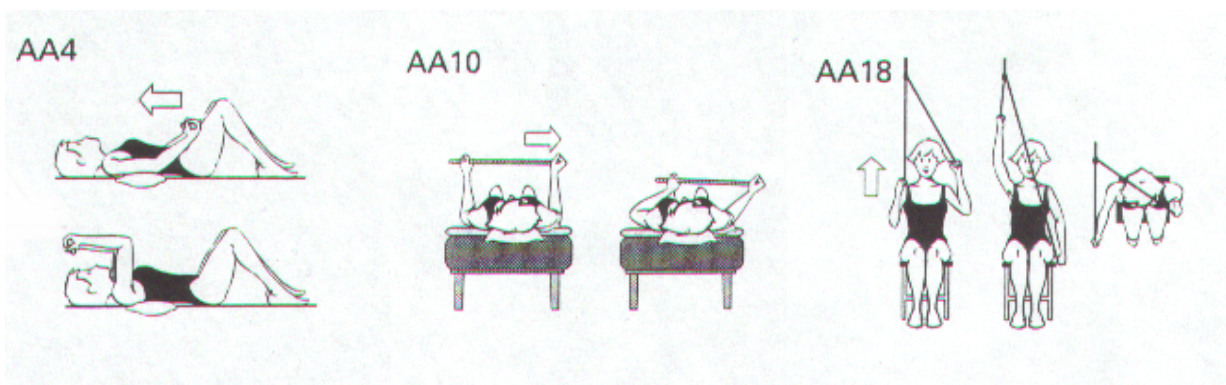
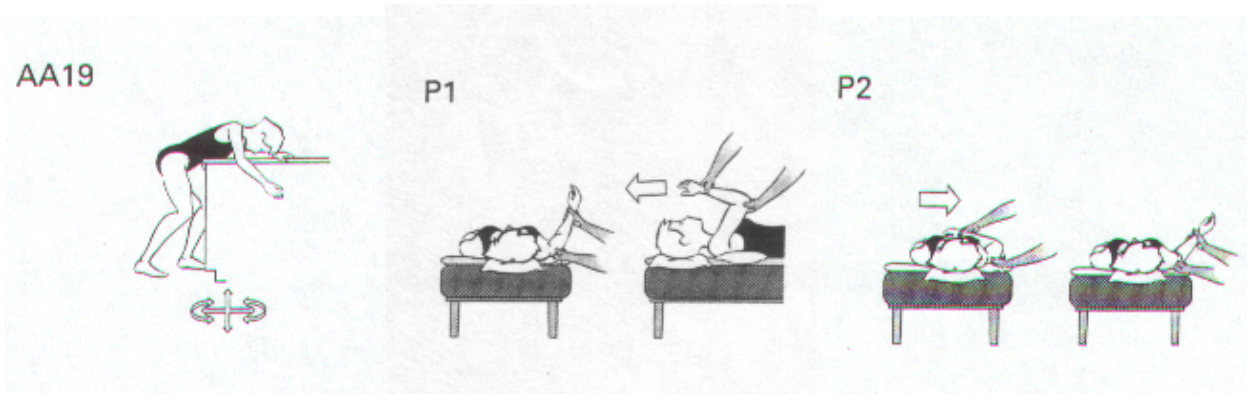
- Localised application of ice 20 min 3 times per day (for first 3 days).
- Hand pumping and elbow flexion-extension exercises with loosened sling.
- Elevation, depression scapular movements and shoulder protraction and retraction exercises wearing the immobiliser.
- Self stretching of the trapezius.



2nd day – 3 weeks:

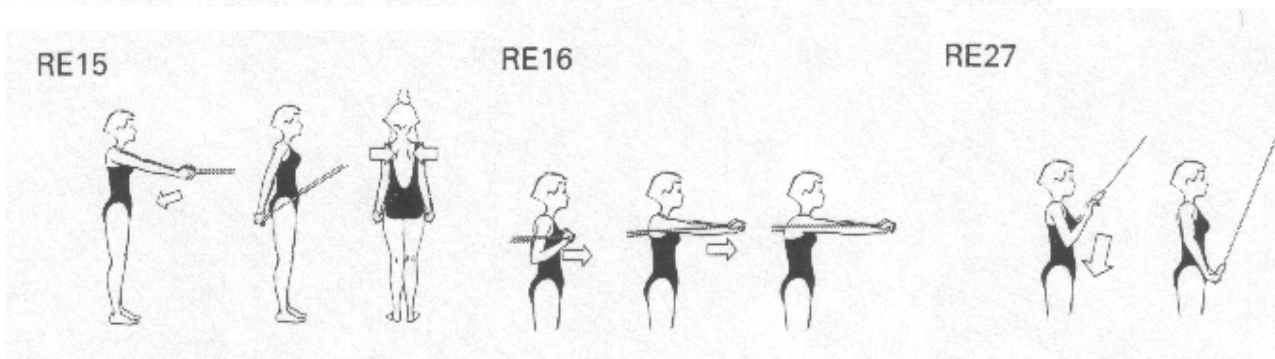
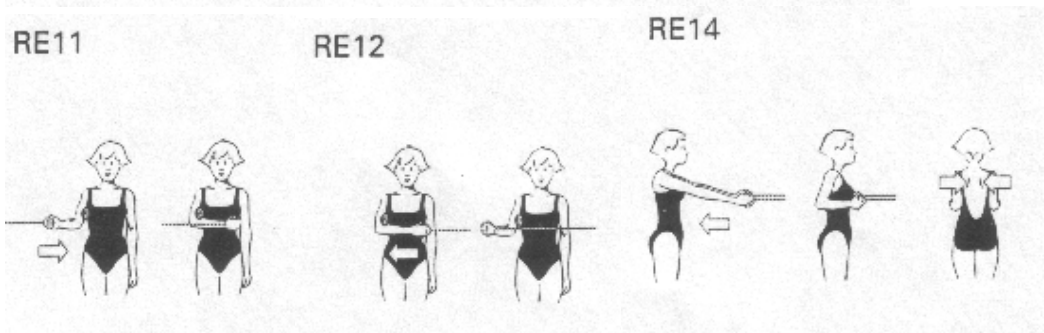
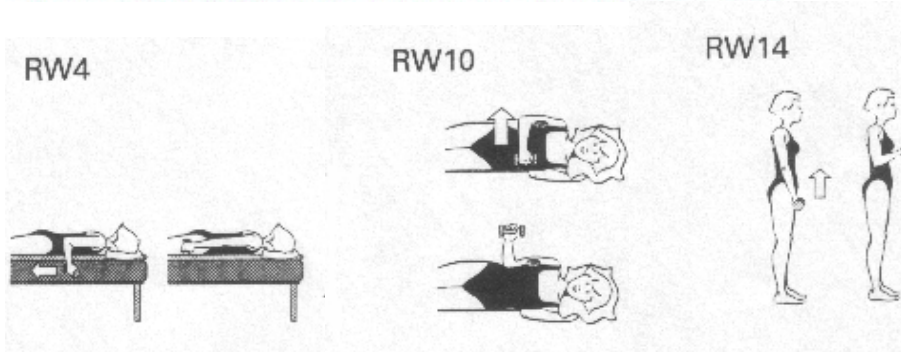
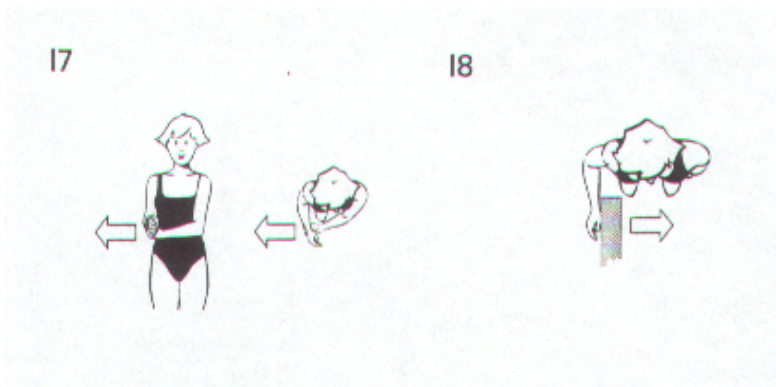
As well as the aforementioned exercises start:

- Codman pendular exercises.
- Passive mobilisation exercises.
- Assisted mobilisation exercises with pulleys and stick limiting flexion to 90 degrees and internal rotation to 0 degrees for the first 3 weeks.
- External rotation is allowed as pain allows.



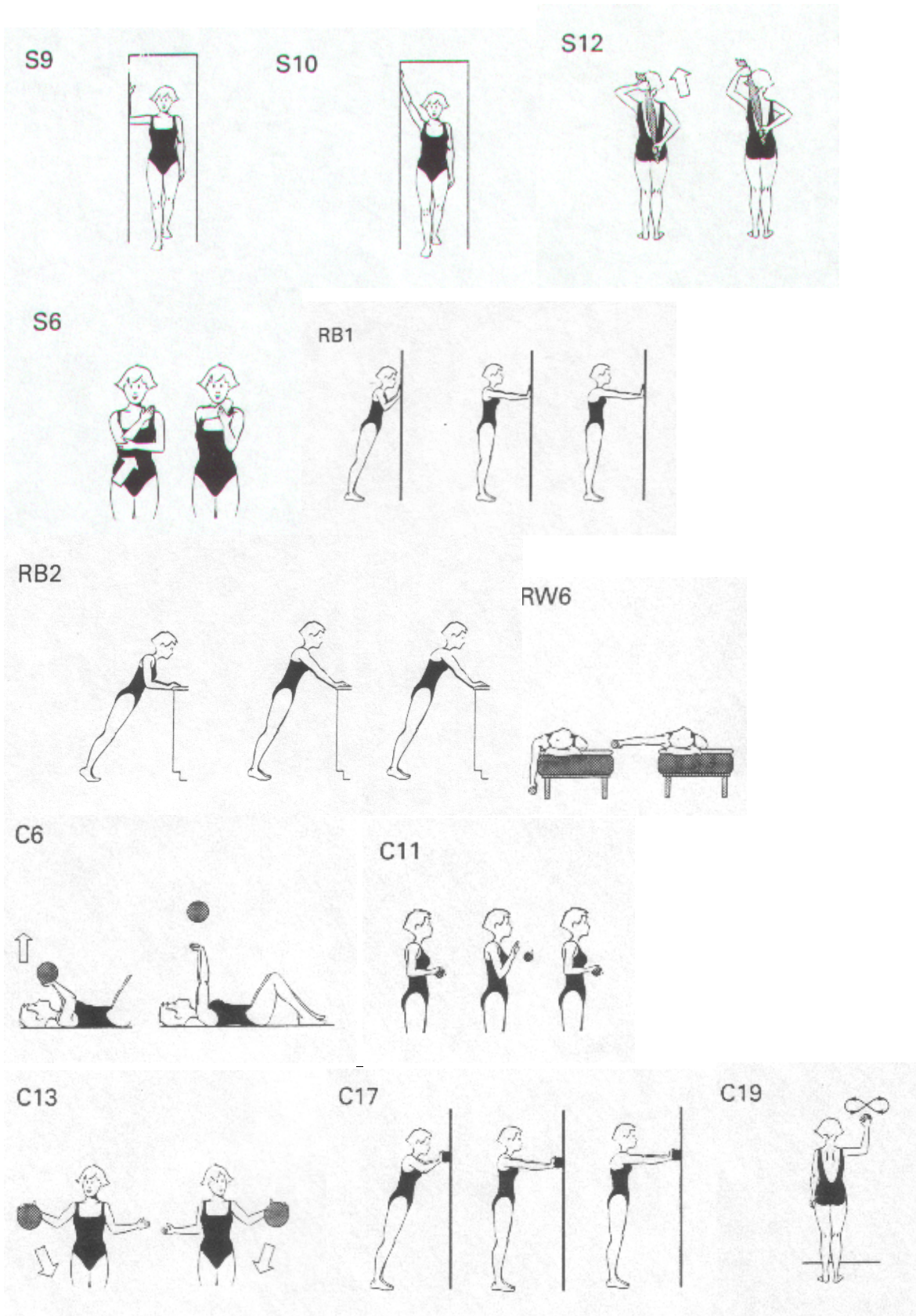
3 – 6 weeks:

- 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 deltoid, external rotators and periscapular muscles.
- Exercises to regain range of movement and strengthening in the swimming pool if possible.



6 – 12 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, focusing on anterior deltoid, middle and inferior trapezius.
- Stretching exercises starting from external rotators and progressing to muscle groups working on end of range movements of: elevation, abduction, adduction and internal/external rotation.
- Exercises to regain range of movement and strengthening in the swimming pool if possible.



12 weeks onwards:

- 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 6-8 weeks 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.