

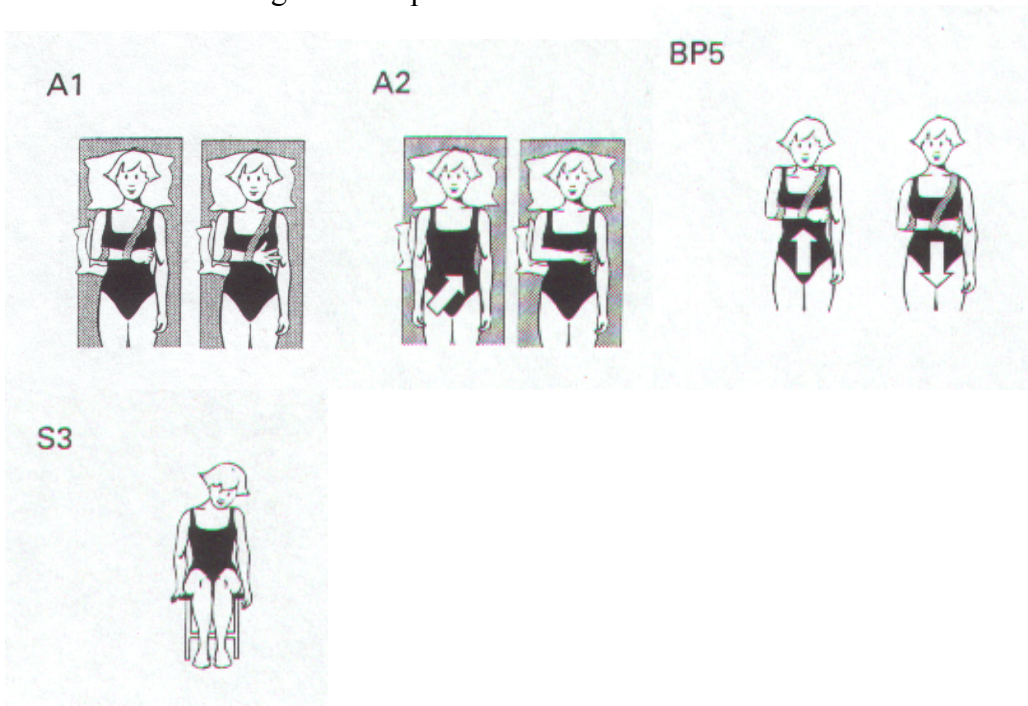
Arthroscopic subacromial decompression for impingement syndrome.

Postoperative period:

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

Day 1:

- Localised application of ice for 20 minutes 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.



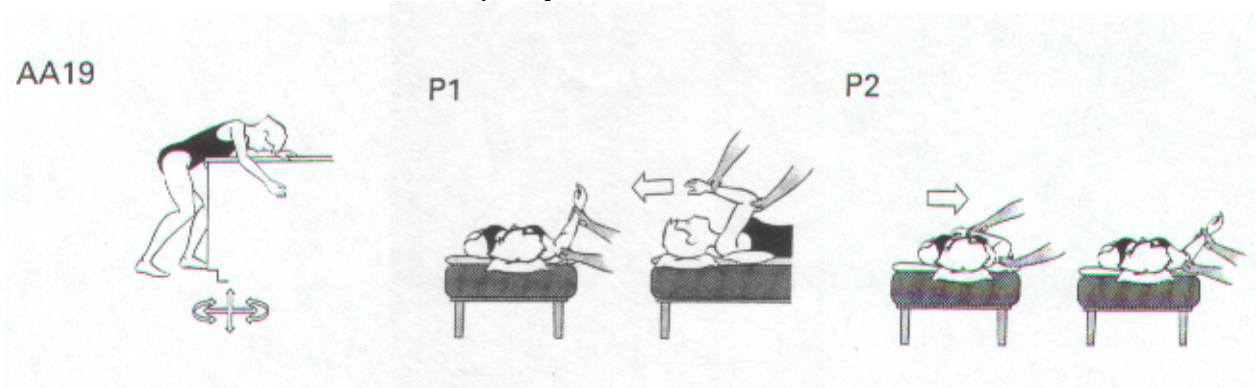
2nd day:

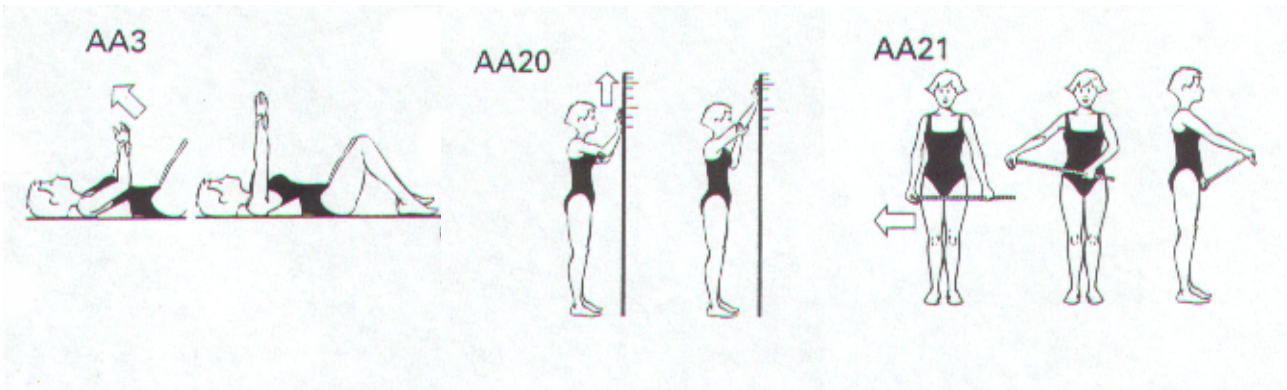
In addition to the preceding exercises:

Passive mobilisation exercises.

Codman pendular exercises.

Assisted mobilisation exercises with pulleys and sticks.

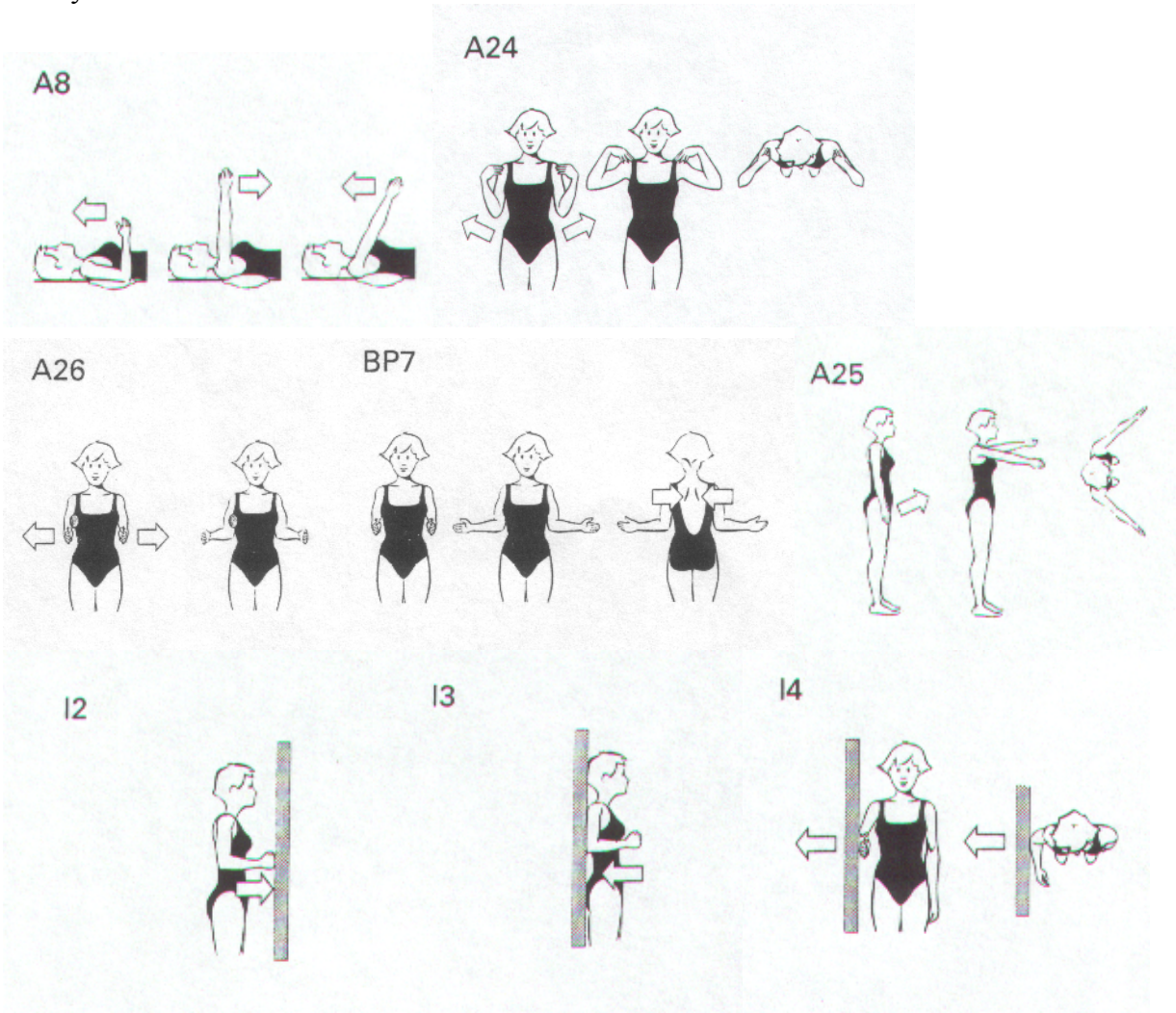


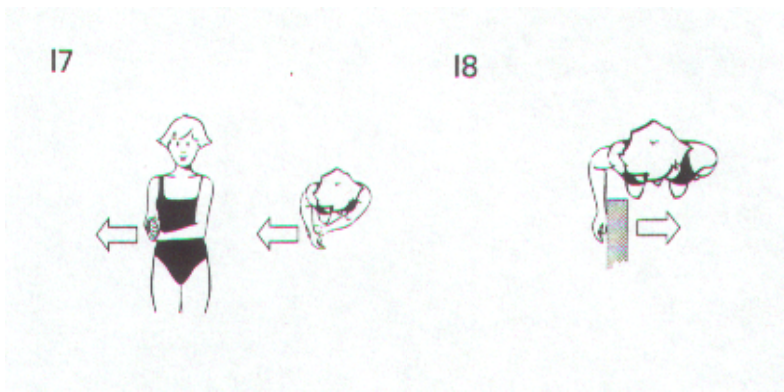


3 days – 2 weeks:

- Active mobilisation exercises, in elevation in the scapular plane.
- Isometric strengthening exercises for external and internal rotation, abduction, adduction and flexion.
- Eccentric and isotonic strengthening exercises in the same direction without weights or external resistance to be started according to symptoms.

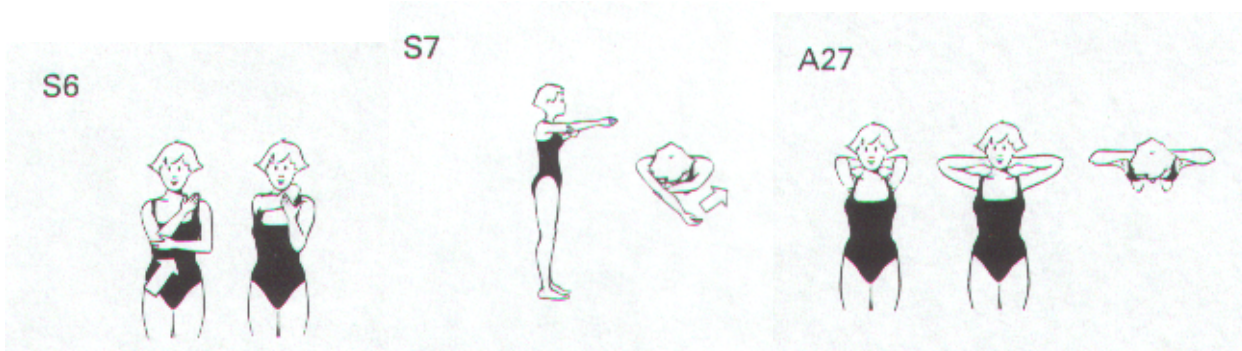
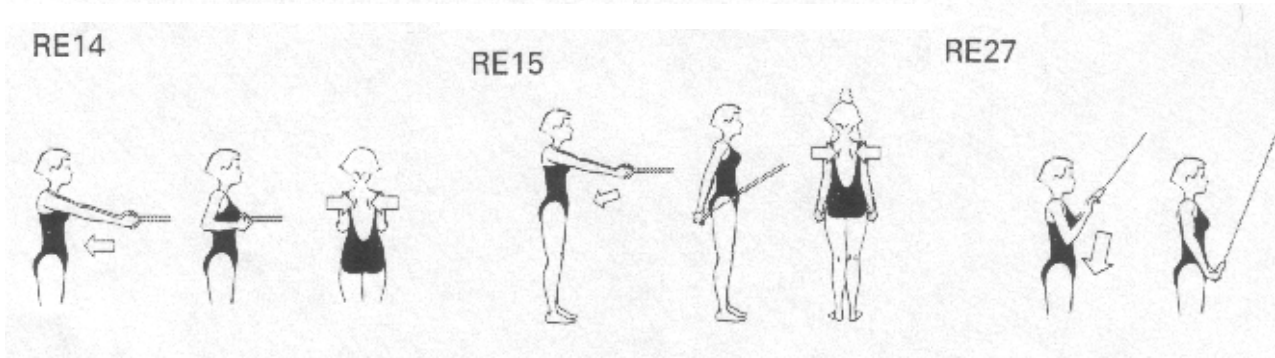
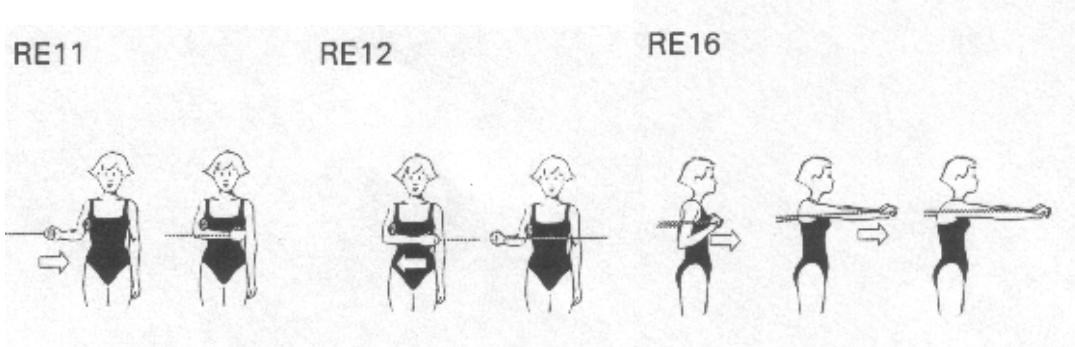
Collar and cuff to be removed as soon as possible within one week, to be used at night for the first 10 days.

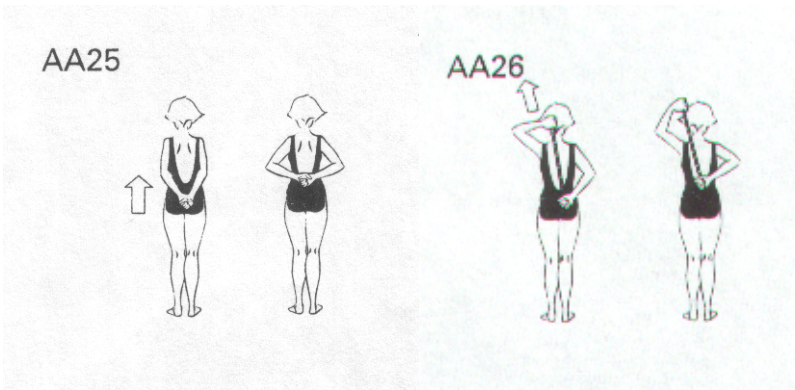




3 -4 weeks:

- Strengthening exercises with resistance bands for external rotators and periscapular muscles. From the 3rd week onwards begin stretching exercises starting with external rotation progressing to other muscle groups, avoiding movements at end of range elevation, abduction and flexion.
- Exercises to regain range of movement and strengthening in the swimming pool.

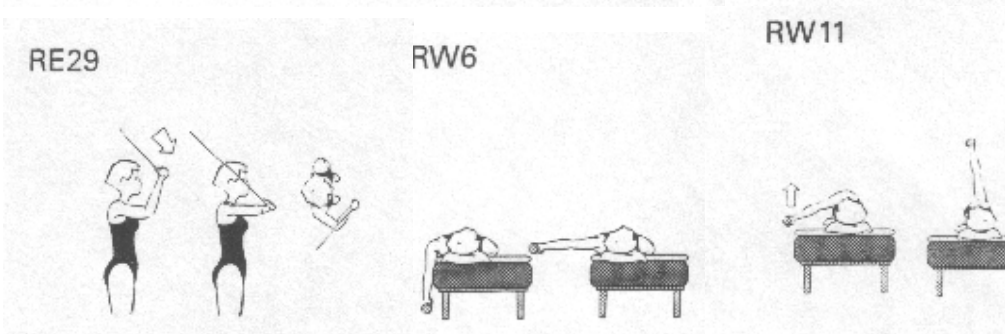
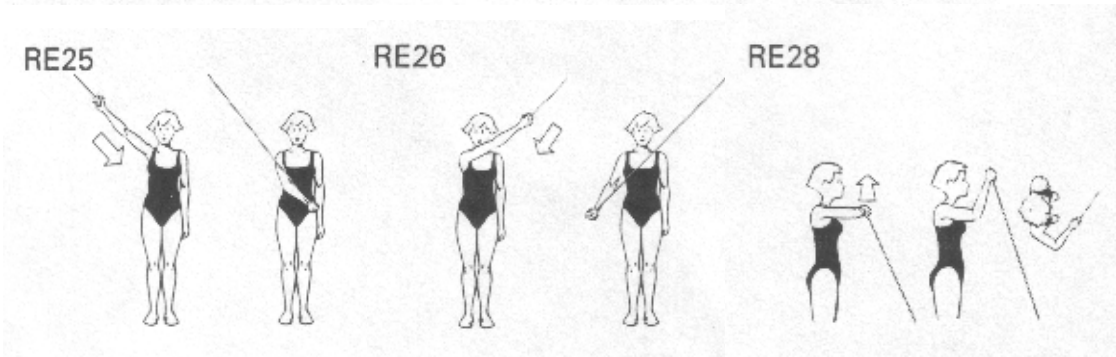
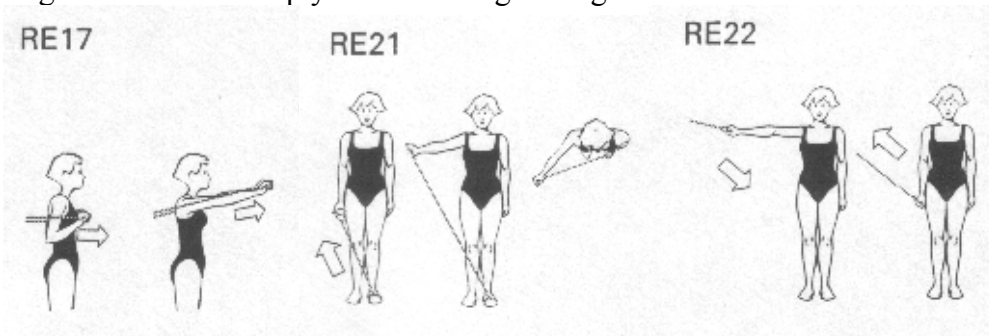


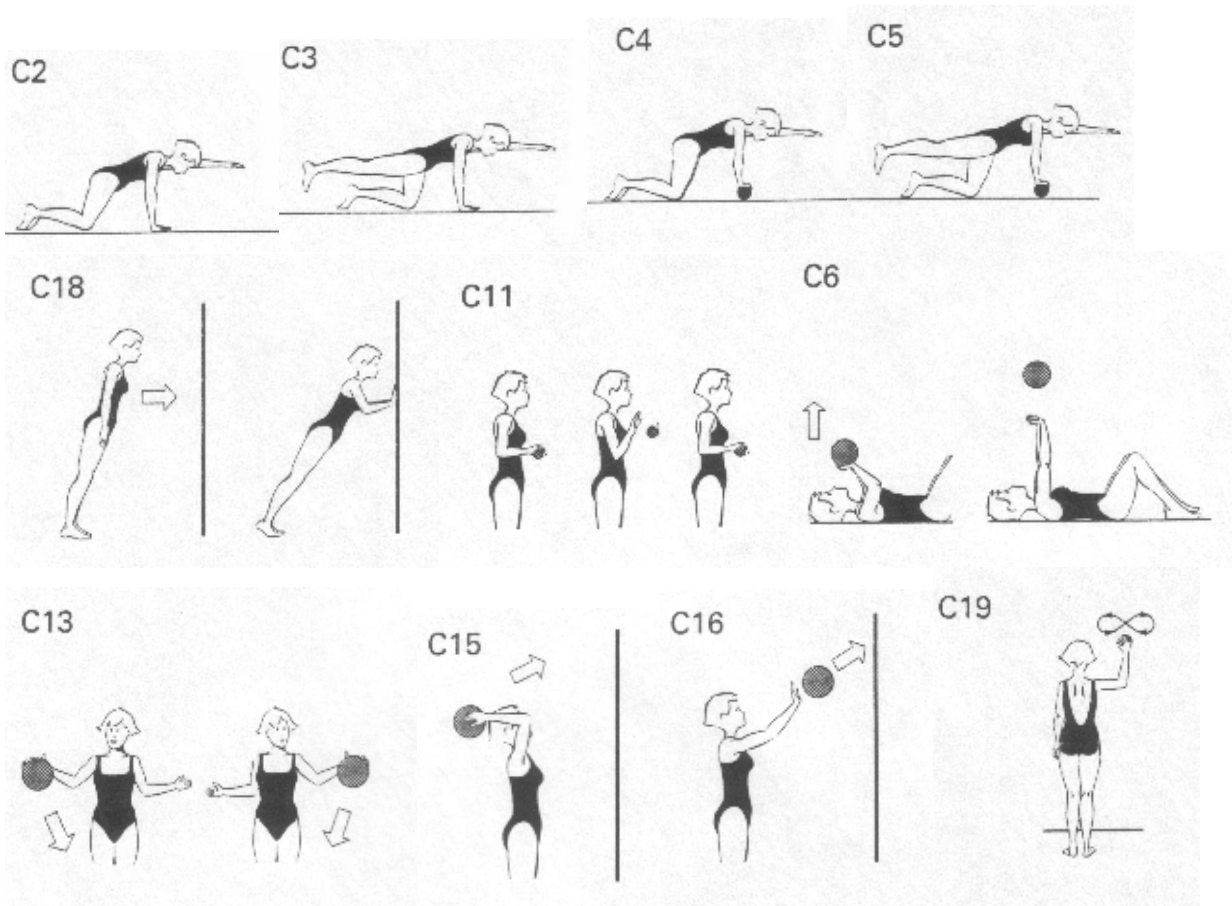


6 weeks onwards:

- Progress strengthening exercises with elastic bands and weights for stabilising and scapular depressors, focusing on anterior deltoid, middle and inferior trapezius.
- Symmetric and asymmetric scapulo-humeral rhythm co-ordination exercises.

Begin neuromuscular plyometric strengthening.





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 8 weeks after the operation until the rotator cuff muscles are significantly strengthened.

- Clinic appointments scheduled at 1 week (with physiotherapist), 3 weeks and 3 months and sometimes 6 months Assisted mobilisation exercises with pulleys and stick limiting flexion to 90 degrees as pain allows.

following the operation, when the pain should be reduced to 80% of preoperative pain. The shoulder will continue to improve slowly for up to 1 year following the operation.