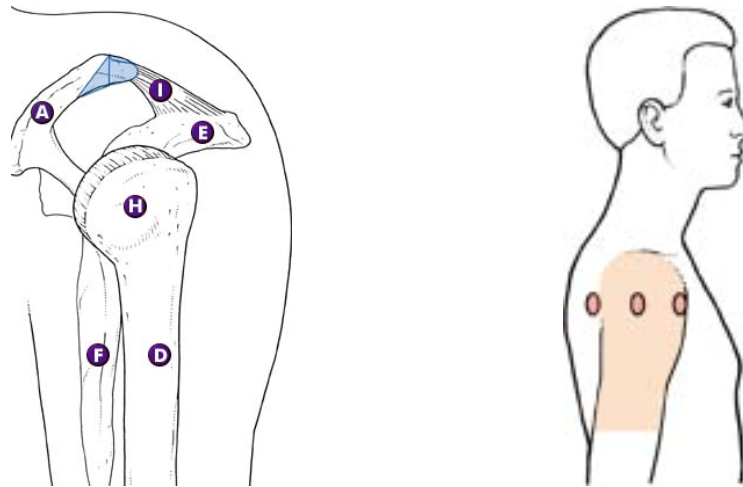


ARTHROSCOPIC SUBACROMIAL DECOMPRESSION (ASAD) +/- ACJ EXCISION



Key A Acromion D Humeral shaft E Coracoid F Scapula H Head of Humerus I Coraco-acromial ligament

Patient to be seen within 2 weeks of discharge from the Orthopaedic Unit at Macclesfield District General Hospital

OPERATION

Purpose

To decompress the impingement of the rotator cuff against the coraco-acromial arch.

Case profile

Patients with pain from impingement in which the rotator cuff is intact and at arthroscopy the lesion is deemed suitable for an arthroscopic procedure, however it may be necessary to proceed to an open procedure.

Portals

Posterior - Arthroscope.

Lateral - Arthroscopic Burr.

Anterior - Used for gleno-humeral joint assessment and as an outflow portal.

Procedure

Removal of the antero-lateral-inferior aspect of the acromion and the acromial attachment of the coraco-acromial ligament with arthroscopic power tools.

Possible associated procedures

Arthroscopic assessment of the gleno-humeral joint.

Acromio-clavicular joint excision.

Main possible complications

Axillary nerve injury.

Failure to completely decompress.

THERAPIST

In patient

- Patient instructed to wear polysling for 48 hours – to be removed to perform exercises
- Teach active assisted exercise of the gleno-humeral joint, progressing to active.
- Pendular shoulder exercises.
- Elbow, wrist and hand exercises.
- Advice to avoid heavy lifting for at least 6 weeks.
- Repetitive, sustained overhead activity could lead to delayed healing and pain.
- Physiotherapy out patient appointment made for within 2 weeks of discharge.

1-2 weeks

- Check active and passive ROM.
- Check home exercise regime and progress to include rotator cuff and scapular stabiliser exercises and capsular stretches as appropriate.

4 weeks

- Introduce cuff strengthening exercises – isometric progressing to resistance exercises

6 weeks.

- Check active and passive ROM.
- Check and progress home exercise regime as appropriate.
- Check scapular control through full ROM.
- Sports/work specific training if indicated.

MILESTONES	
Week 1	Can commence driving after 1 week
Week 2	Pain restricting ROM < 75% pre-op
Week 6	Full AROM
Return to Work	Sedentary - as tolerated Manual – may need activities modified for up to 3 months

If rotator cuff repair included then refer to rotator cuff repair protocol.