

Physiotherapy advice following a subacromial decompression of the shoulder

Therapy Services

Patient Information Leaflet

You can expect to be in some discomfort post operatively due to the surgery performed. Your surgeon may have used a nerve block to control the pain during and after surgery.

This causes your arm to feel numb for a period of time. Your normal feeling should return within 24-36 hours. When you begin to feel the sensation return, you should start taking your prescribed pain relief.

Following your shoulder surgery it is important to follow the instructions below to assist with your rehabilitation.

Sling

The sling is to be worn for ___ week/s.

It should only be removed during this time, when exercising or when getting dressed or undressed.



- This is what the polysling looks like when it is not fitted.
- Due to different manufacturers, yours may differ slightly.



- Attach the wrist strap approximately one inch from your wrist (towards your elbow). It attaches with Velcro.
- The lower 'D' ring should rest against your body and the upper 'D' ring should face upwards.



- Attach the shoulder strap back on itself with the Velcro.



- The final position should have your arm held close to the front of your body with your knuckles facing forwards. Your wrist should be slightly higher than your elbow to prevent any swelling in your hand.

Pain relief

- You must continue to take pain relief at home to enable you to perform your exercises and to help you sleep comfortably at night.
- Please follow the advice you have been given about regular pain relief.

Phase 1 Exercises: (post-operatively)

- The following exercises should be **performed x 4 per day**, it is often best to try and time doing the exercises after you have taken your pain relief.
- With these exercises you shouldn't force the movement & only move your arm within the limits of pain.
- Stand leaning on your kitchen work surface with your good arm. Remove your operated arm from the sling and let it hang down by your side.



Keeping your arm relaxed, swing your operated arm forwards / backwards. **Repeat x 10.**



Keeping your arm relaxed, swing your operated arm from side to side. **Repeat x 10.**



Keeping your arm relaxed, swing your operated arm in small circles to the left, then to the right. **Repeat x 10.**

- It is important while you are wearing your sling to maintain the movement in your hand, wrist and elbow
- Whilst wearing the sling, make a fist with your hand and move your wrist backwards and forwards every 1-2 hours to prevent it from becoming stiff.
- When taking off your sling to exercise, you should also bend and straighten your elbow as far as possible to maintain the movement. **Repeat x 10**

Phase 2 Exercises (after 1 week)

- If your pain is under control you may progress to these more difficult exercises after 4-5 days.
- These exercises will replace the first set of exercises & again need to be **performed x 4 per day**, within pain limits.
- For each exercise, only move your arm as far as you can without forcing the movement. They may cause some discomfort but should not be painful or forced.

During these exercises, do not attempt to move your arm further than is comfortable.



Stand facing a wall. 'Walk' your fingers up the wall as high as possible. Reverse down in the same way.

Repeat x 10



Stand holding a stick / pole behind your back with your elbows straight. Lift the stick upwards and away from your body.

Repeat x 10.



Stand and grip one end of the stick with your operated arm. Lift the stick sideways by assisting with the other arm.

Repeat x 10.



Lying on your back with your elbows against your body. Hold the stick in your hands. Move the stick sideways so that it pushes your operated arm outwards.

Repeat x 10.

Outpatient Physiotherapy Appointment

Your follow up Physiotherapy appointment will come via the post, usually within 1-2 weeks. If you have a query about this appointment, please telephone the therapy department on 01384 244231.

If you have requested your treatment at another hospital or your GP surgery then you need to telephone them directly. Prior to your Outpatient physiotherapy appointment, if you have any concerns, please contact the ward where you had your surgery.

Advice about Washing & Dressing

You need to keep your wound dressing dry and clean. It is recommended that you do not shower for 2 weeks & and is best to strip wash to avoid wetting the wound.

When you have your wound check with the nurse, they will be able to advise you about showering / getting the wound wet. When dressing / undressing, sit on a chair without an arm rest; place a pillow on your lap. After removing the sling, relax your arm onto the pillow on your knees.

When dressing, always put your operated arm into your garment first, assisting with your other arm. When undressing always remove your good arm from the garment first then your operated arm. Front fastening garments will make dressing/undressing easier.

Advice about lifting

You should avoid any lifting, pulling or leaning through your operated arm. Your physiotherapist will give you further advice about this during your outpatient physiotherapy.

Advice about returning to work

Return to work is dependent on the nature of your job. If you have a physical job, it may be 4 weeks, or earlier if you have a sedentary job. Further advice on this will be given by your consultant and outpatient physiotherapist.

Advice about driving

As a guide, return to driving may be between 2-4 weeks and once out of the sling, however, further guidance must be sought from your consultant or outpatient physiotherapist.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Department details here

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔