

Postoperative protocol
Arthroscopic Subacromial decompression,
Mumford or Excision of calcific deposits

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Immediate post-operation

- Follow guidelines as in 'Universal' protocol
- Change dressings prior to discharge, if needed
- Patient sees physiotherapist and instructed on general mobilisation
- Set up physiotherapy follow-up appointment
- Patient discharged home when safe and comfortable with analgesics

Mobilisation

- Early mobilisation is encouraged
- NO restrictions on the range of motion exercises
- Allow movements as pain allows
- Sling to be worn only for comfort, and may be taken off during the day
- Preferable to wear sling when outside the house – for about a month after surgery
- Scapular stabilisation and core strengthening exercises
- Begin strengthening exercises (if needed) at 6 weeks