

SUBACROMIAL DECOMPRESSION



FROM THE 0-3 WEEKS: Gentle Range of Motion



PENDULUMS

Completely RELAX operated arm. Bending forward allows relaxed arm to hang down towards the ground.

ASSISTED FLEXION IN LYING

Lie on your back. Move your operated arm 'up and over' past your head with the assistance of your other hand. Gradually increase the effort of your operated arm, over the coming weeks, by lessening the help given by your other hand



OUTWARD ROTATION

Rotate your shoulder out & back to the end of your available range.



ASSISTED HAND BEHIND BACK

Reach behind your back & grab your finger with your non-operated arm. If you can't reach your finger, use a pen or wooden spoon to 'bridge the gap', until you can reach it. Aim to have your thumb move up your spine. Be gentle early on.



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FROM 3 WEEKS: Progress Range of Motion

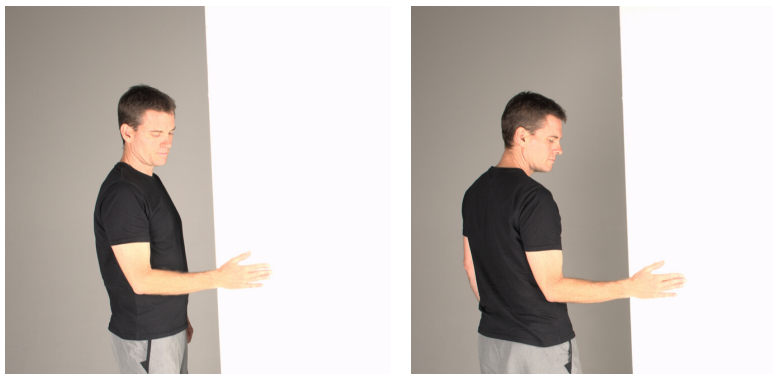
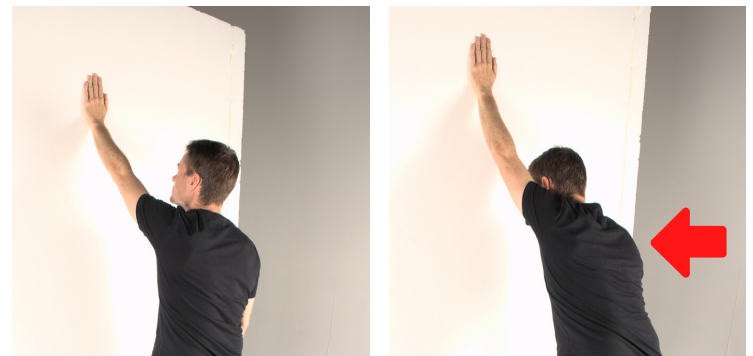


CATERPILLARS UP WALL

The purpose of caterpillars up the wall is to allow the friction created by your hand on the wall to lessen the weight of your arm. This makes it easier for your shoulder muscles to lift the arm. You may also assist with your other hand

FLEXION UP WALL SUSTAINED STRETCH

Stand a small distance away from the wall. Caterpillar your hand up the wall. Once you reach your highest level, keep the hand still and bend forward at your hips to stretch your shoulder as shown. Hold for 30 seconds and do it 3 times.



OUTWARD ROTATION SUSTAINED STRETCH

Stand in a doorway. Place your hand on the wall & keep your elbow tucked in by your side for the duration of the stretch. Rotate your body away as shown so that you feel the stretch in your shoulder. Aim to hold the 'stretch' for 30 seconds & repeat 3 times.

HAND BEHIND BACK WITH TOWEL

Reach behind your back & grab onto the towel that you've slung over your shoulder. Start this exercise from the 3 week mark if you can easily grab the towel. Stand tall!

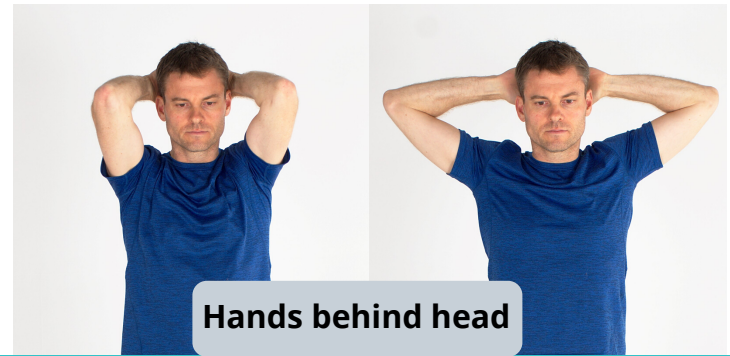


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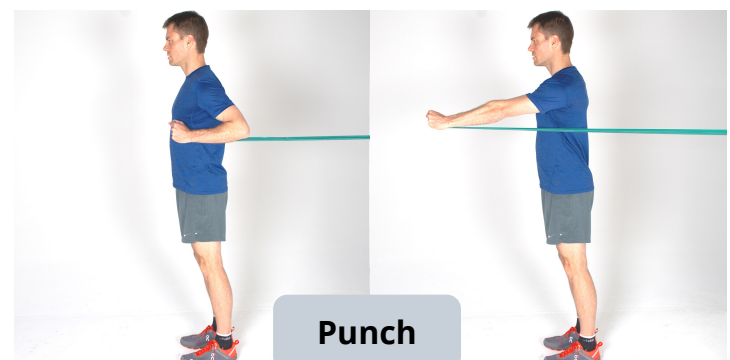
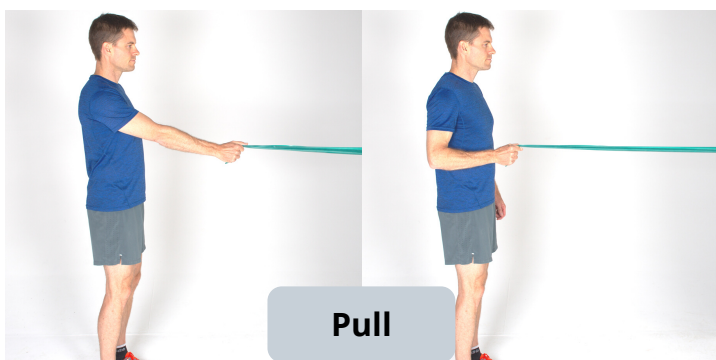
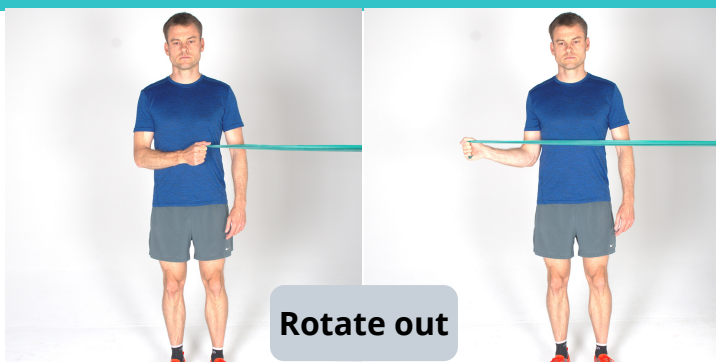


FROM 6 WEEKS: Full Range of Motion & Start Strengthening (Symptom Dependent)

RESTORE FULL ACTIVE RANGE OF MOTION



COMMENCE ROTATOR CUFF STRENGTHENING



If there are any issues with any of these exercises, please stop them and speak to your treating physiotherapist ASAP.
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FROM 6 WEEKS: Full Range of Motion & Start Strengthening (Symptom Dependent)

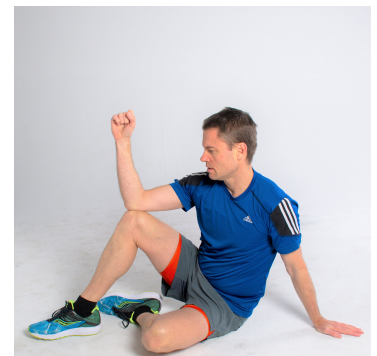


UPPER TRAP SHRUGS

Lift your arms out to the side a small way as shown. Now shrug your shoulders up towards your ears as if you're saying 'I don't know'!

OUTWARD ROTATION IN FRONT

Sit on the floor or bed. Rest your elbow on your knee & face your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Progress to a light weight like a tin of tuna.



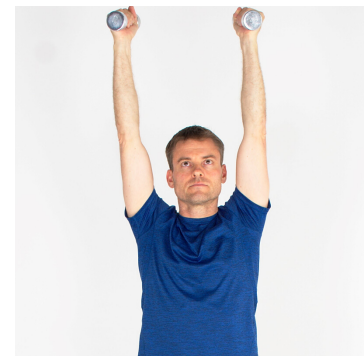
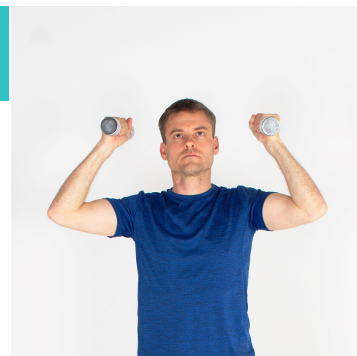
OUTWARD ROTATION TO THE SIDE

Sit on the floor or bed. Rest your elbow on your knee & face away from your knee as shown. Lift your hand towards the ceiling by rotating your shoulder. Progress to a light weight like a tin of tuna.

FROM THE 8 WEEK MARK

ABOVE SHOULDER HEIGHT STRENGTHENING

Start some more functional strengthening which involves movements that you would need to do in everyday life, like reaching above your head. Try these movements without weight, before progressing to light weights.



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