

## ASD/ACJ Excision Physiotherapy Protocol

### Aims of physiotherapy

- Achieve full range of movement
- Improve postural awareness and initiate scapula stability
- Strengthen the rotator cuff
- Restore proprioception using open and closed chain activities
- To achieve 80% improvement in 3 months

Advise the patients to avoid repetitive or sustained overhead activity (at or above shoulder height) for 3 months. Focus areas are

- Restoring mobility of the thoracic spine
- Regaining mobility of the posterior capsule which is often found to be tight
- Restoring strength in the posterior cuff muscles

### Return to functional activities/sport

- *Driving* 1 - 2 weeks or when safe
- *Lifting* as able
- *Swimming* breast stroke at 2 - 3 weeks, freestyle when able
- *Return to work* light work (no lifting) 4 days to 2 weeks. Medium work (light lifting below shoulder level) from 6 weeks. Heavy work (above shoulder height ) 3 months
- *Golf* 6 weeks (but not driving range)
- *Racket sports* sport specific training when comfortable
- *Competitive play* when able