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