



Michael G. McNamara, MD  
 Kevin C. Paisley, DO  
 Jason R. Gray, MD

Robert R. Thomas, PA-C  
 Jennifer A. Fayette, PA-C  
 David P. Wonchala, PA-C

4015 Lake Otis Parkway, Suite 201 Anchorage, AK 99508 • Phone 907-771-3500 • Fax 907-771-3550 • [www.akhanddoc.com](http://www.akhanddoc.com)

## **\*Shoulder Acromioplasty Post Operative Rehabilitation Protocol**

### **Following Surgery:**

- Expect a surgical bulky dressing and arm sling to be worn for at least 10-14 days, then as needed.
- Use cryocuff or ice shoulder 3-5 times per day for 15 minute intervals until your next clinic visit.
- Maintain upright shoulder positioning at all times.
- Shower with a plastic bag covering the area and seal with tape.
- Take your pain medicine as needed and as prescribed. Call if any problems or questions arise.

### **Precautions:**

- Watch for signs of infection and call immediately if these signs develop:
  - Fever higher than 100°F, shortness of breath, or feel very sick.
  - Warmth, redness, and/or increased drainage coming from your incision site.
- Watch for signs of blood clots and go to the ER immediately if these signs develop:
  - Excessive increase in swelling, hardness, pain, or redness in forearm or calf.
- No hot tub or Jacuzzi for at least 2 weeks or until all wounds are healed and sutures are out.

### **1-3 Days Post Op:** (Perform all exercises 6x/day)

- Begin assisted forward flexion and gentle external rotation (in supine position).
- Initiate Pendulums/Codmans exercises (gentle swing of arm from standing).
- Wear sling when not exercising.
- Replace dressing & tape daily until wound is dry; once wound is w/o bloody drainage, may shower w/o covering.
- Use hand for simple daily activities like tooth brushing, eating, and drinking.

### **10-14 Days Post Op (at therapy):**

- Sutures will be removed and can wear sling only as needed from now on.
- Add stick and wall walking to increase forward flexion and external rotation.
- Begin gentle active forward flexion.

### **4 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D.
- Add progressive active range of motion and stretch in external rotation, internal rotation, abduction, & adduction.

### **6 Weeks Post Op:**

- Initiate deltoid strengthening; begin forward flexion with resistance 1#-5# weights (hold arms out with weights at 90 degrees for 5 seconds, then 70 degrees for 5 seconds).
- Progressive Rockwood V Theraband strengthening (for 6 weeks minimum).

### **8 Weeks Post Op:**

- Follow up appointment in clinic with P.A. or M.D.
- Expect to return to more full activities as tolerated.

*\*Please visit our website at [www.akhanddoc.com](http://www.akhanddoc.com) for illustrations.*

Note: These instructions are to serve as guidelines and are subject to Physician discretion. Actual progress may be faster or slower depending on the individual.