

## Arthroscopic Sub-Acromial Decompression (ASD)

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This procedure is done to decompress the rotator cuff muscles of the shoulder, reducing the pressure on the muscles and increasing the space for them to work in.

It involves cutting a ligament and shaving away uneven surfaces on the acromion bone, which allows room for the muscle to move and heal.

This procedure may be required when other treatment has not improved the symptoms you are experiencing.

This surgery is done arthroscopically, by inserting devices through a small incision into the joint. You are normally allowed home on the same day.

When you arrive in hospital you need to report to the Day Case unit where you will be greeted by the nursing staff, who will look after you.

### After the operation

Initially your arm may be numb because of the nerve block that will be used. It is important to protect it in the sling at this time (usually only 24 hours).

### Pain control

It is important to have effective pain control following this procedure. You will be given pain medication by the nurses and if you need further information on this, speak to your GP or a pharmacist.

After the operation you will be seen by a physiotherapist to start exercising (see below). This can be started from the first day after your operation once sensation and control return. You can take the sling off regularly to do this.

### The exercises include:

#### Hand and elbow exercises

Keep your fingers, hand and wrist moving as normal. Take your sling off regularly to practise bending and straightening you elbow. Also with your elbow at a right angle turn the palm of your hand up and down.



Do this  daily,  of each

#### Pendular exercises

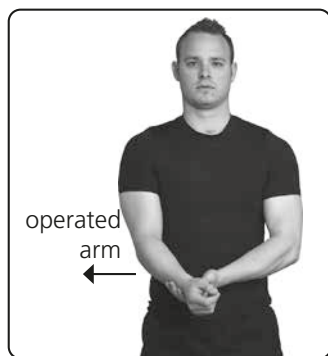
Lean forwards (holding on if required) relax the arm and allow it to become heavy. Once relaxed, begin moving the arm forwards and backwards, and in small circles, clockwise and anti-clockwise. Do not force the movement it should be very relaxed and the weight of the arm should help create momentum, like a pendulum.



Do this  daily,  of each.

## External Rotation Exercises

Bend your elbow at a right angle and rest your hand on your tummy. From this position, move your hand outwards, making sure you keep your elbow tucked into your side. Do not push into pain.



Do this  daily,  of each.

## Shoulder shrugs and shoulder blade exercises

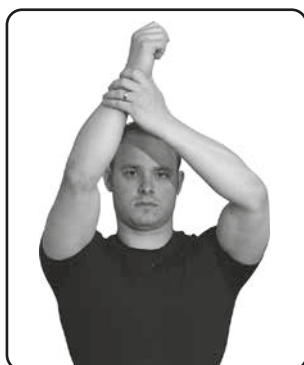
Practice shrugging your shoulders up towards your ears and down fully again.

Also sit up straight and practise trying to gently pull your shoulders back and pulling your shoulder blades down.

Do this  daily,  of each.

## Active-assisted movements

You can start these as pain allows, usually after a few days. These include, walking your fingers up a wall (in front and to the side of you), clasping your hands together and reaching up. They should all be done gently and not forced.



Do this  daily,  of each.

You will be referred for ongoing physiotherapy closer to home by the physiotherapist you saw on the ward. Continue doing these exercises regularly until you are reviewed by your local physiotherapist.

## Discharge information

People do not usually need any assistance at home, although in some cases help is required because you will be in a sling initially. It is useful to prepare before the operation so that you have easy meals and shopping organised.

Once at home you only use the sling for comfort and wean out of it as pain allows. You should do this by 4 days after the operation. However the sling may be used at night for slightly longer, if it is more comfortable. You can also use pillows to help support the arm.

You need to avoid using the arm for heavy activities until you have been seen by the orthopaedic team who undertook the operation, normally at 5-6 weeks afterwards.

## Other information

It can often take up to 3 months for the operation to fully take effect.

You can resume normal activities from 5 weeks onwards (apart from high impact arm work, such as racquet sports, which can start at 12 weeks) in conjunction with advice from your physiotherapist.

You can drive from 2 weeks after the operation, however this is dependent on both pain and if you feel safe and ready to.

If further information or advice is required, the **Aftercare Physiotherapists** can be contacted on **01392 403509**.

Your physiotherapy referral has been sent to:

If you haven't heard after two weeks, please contact the above department or ward physiotherapist.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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