



KUCHING SPECIALIST HOSPITAL SDN BHD (258493-K)

(Formerly known as PUTERI HEALTHCARE SDN BHD)

(A Member of KPJ Healthcare Berhad)

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ARTHROSCOPIC ACROMIOPLASTY

(Clinic: 2 weeks and 3 months post-op)

- Post-op:** In collar and cuff for comfort only, so can be removed as able.
- Shoulder girdle, elbow, wrist and hand exercises and encourage to use arm for activities of daily living. Avoid repetitive overhead movements and abduction
- 2-3 weeks:** Auto-assisted exercises to regain full range of movement.
- a) Flexion and lateral rotation in lying
 - b) Extension and medial rotation in standing
 - c) Biofeedback to re-educate scapulo-humeral rhythm.
- 3-4 weeks:**
- a) Passive stretch particularly of rotations if still limited, and horizontal flexion.
 - b) Active exercises through range particularly with patient in lying, prone lying. Avoid all repetitive overhead movements and abduction.
- 4-6 weeks:**
- a) Light theraband exercises in all directions, but particularly lateral rotation and medial rotation - small amplitude movements.
 - b) Biodex - passive or Isokinetic mode.
- NB:**
- a) Do not exercise into abduction
 - b) Avoid repetitive overhead movements
 - c) Advise patient to avoid repetitive overhead work until 3-4 months post-op.