



**WINDSOR UPPER LIMB**

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## **PATIENT INFORMATION LEAFLET**

### **REHABILITATION FROM SHOULDER DECOMPRESSION SURGERY**

**(Includes ACJ excision and biceps tenotomy)**

#### **STAGE 1 0-14 DAYS RECOVERY**

- My Recovery App – you should have received a link and a login before your operation. This App is tailored to you: there is lots of useful information that will support you throughout your recovery, so please do use it.
- Pain Control - begin taking your prescribed painkillers before your nerve block wears off, and continue to do so regularly for the first 4 days even if you are not in pain. After this time, you can wean down your dosage as required. Do not exceed the maximum safe doses.
- Wounds – keep your wound dressings in place for 2 weeks. You may shower after 4 days but change your dressings if they become soaked through.
- Sling - You can discard your sling once your nerve block has fully worn off. It is not helpful to leave it on for longer than 3 days.
- Exercises – You will have been given exercises to do. Begin these the day after your operation. At this stage, focus on achieving good posture and a smooth and controlled motion in your shoulder. It may well still be too sore to move to full range – don't worry, and do what you can.

**YOU MUST TRY TO SEE YOUR PHYSIOTHERAPIST AT LEAST ONCE DURING THIS STAGE.** If you have not had physiotherapy arranged, please contact Mr Granville-Chapman's secretary.

#### **STAGE 2 2– 6 WEEKS MOTION AND CONTROL**

- Clinic review – Mr Granville-Chapman will usually see you at your two-week point post-op. He can remove any dressings or sutures,



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answer any queries, explain the findings at surgery and advise you about the next steps of your recovery.

- Wounds - should have healed by two weeks.
- Pain control – speed of recovery from this operation varies significantly. It is normal to be experiencing pain still at this point. Do take simple painkillers if you need to for sleep and so you can function and do your exercises.
- Exercises – most patients are now ready to focus on restoring a normal range of controlled shoulder motion: your physiotherapist will support you. Consider doing your exercises in front of a mirror so you can ensure your shoulder is moving correctly. Your My Recovery App will introduce new exercise videos to you as time progresses in your recovery.
- Activities – office work can often be started in this period. Driving may take 3-8 weeks depending on your pain and function. Activities of daily living can be re-introduced based upon your pain and functional progress.

### **STAGE 3 6 WEEKS ONWARDS**

### **FUNCTIONAL RETURN**

- By 6 weeks, half of patients have noticed a significant benefit from their operation, but half will still be sore and not yet feel better than before their operation. Don't worry if this is the case.
- If you have achieved a good range of motion, you can begin to strengthen your shoulder and return to heavier activities.
- Gradually reintroduce activities and sports as your shoulder recovers: aim for small gains each week.
- By 12 weeks, two thirds of patients will feel better, but some patients may take up to 6 months to recover from this surgery.
- Mr Granville-Chapman will usually see you around the 3-month point post-op.
- Once you have recovered, do try to maintain good posture in your shoulders to prevent recurrence or similar problems occurring on your other side.



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## **Contact Details**

Secretary: Miss Kate Breslin

Email: [katedbreslin@gmail.com](mailto:katedbreslin@gmail.com)

Telephone: 07920 168131

Website: [www.windsorupperlimb.com](http://www.windsorupperlimb.com)