

## ASD/ACJE

Most of the patients who have undergone an ASD / ACJE will not be referred to physiotherapy unless it is indicated at their 8 week post operative clinic appointment.

### 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.

### The areas that usually need addressing 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

- *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) 10 days - 6 weeks.  
medium work (light lifting below shoulder level) from 6 weeks  
heavy work (above shoulder height ) 3 - 6 months.
- *Golf* 6 weeks (but not driving range).
- *Racquet sports* sport specific training when comfortable  
competitive play when able.