

Diary of the experience of one young woman after undergoing an arthroscopic subacromial decompression and acromioclavicular joint excision.

Day One

- Very stiff, sore arm and shoulder, kept arm in sling and rested.
- Difficult to pull trousers on or off if going to the toilet!
- Feel very hot and unable to apply deodorant to right underarm.
- Painkillers – 4 times a day.

Day Two

- Still stiff, not able to move that easily. Removed sling for a while to start exercises slowly.
- Had a bath, but I needed someone to help me in and out of bath; still quite uneasy on feet.
- Have to sleep on back.
- Difficult to apply deodorant.
- Unable to feed myself properly or dress.
- Still very tired.
- Painkillers – 4 times a day.

Day Three

- Still unable to move arm very high, most difficult is getting dressed, particularly getting clothes over my head, its almost impossible. Unable to shower and wash hair. Have a bath on my own, ok.
- Went to hairdresser to get it washed.
- Difficult to apply deodorant.
- Wore sling when in shops as scared that someone would bump into me, very tender.
- Painkillers – 4 times a day.

Day Four

- Still not able to mover very high but moving a little easier, continued exercises.
- Applying deodorant a little easier.
- Unable to drive.
- Still unable to lean on it in bed during sleep.
- Getting dressed is still quite difficult on my own.
- If put arm back in sling it makes it too uncomfortable, better to keep it moving.
- Changed dressing on wound.
- Painkillers – 4 times a day.

Day Five

- Exercises going ok, able to actually make food.
- Still unable to wash hair, went back to hairdressers.
- Applying deodorant a little easier.
- Able to carry light things in that arm now.
- Still not sleeping brilliantly.
- Painkillers – 4 times a day.

Day Six

- Moving a little easier, able to move higher, and actually get dressed better.
- Applying deodorant better.
- Went to GP to check all ok.
- Painkillers – 4 times a day.

Day Seven

- Feeling a little easier, moving fairly well.
- Drove car locally for first time.
- Getting dressed ok.
- Still difficult to lift with right arm, very lucky do not have children!
- Had a shower and washed hair, not easy to wash, but managed it.

Days Eight to Fourteen

- Movement getting better.
- Driving a little, exercises ok.
- Taking painkillers about 3 times a day.
- Difficult to dry hair sometimes.
- Friend visits with child, unable to lift or carry infant.
- Not able to carry out many household chores still too sore to move in certain directions.

Days Fifteen to Twenty

- Still on painkillers maybe twice or three times depending on how I feel that day, recovery taking longer than originally planned. Have started back at work from home for approx $\frac{3}{4}$ hours a day to start back gradually. Arm too sore to work on laptop for more than an hour at a time, get pains going through arm.
- Able to move a little better, still not really able to put arm overhead. Unable to Hoover or wipe down cooker effectively with right arm, movement causes pain still sore.
- Still unable to sleep or lean on it.
- Wounds healing well.

Day Twenty-one

- Started back to work in London on train ok but difficult to carry handbag on train in right arm, conscious that people might bump into me all day, ok but extremely tiring.
- Got home and fell sleep unable to do anything else. Decided that for the next few weeks if needed in London would drive instead.

Days Twenty-two to Thirty

- Continued to work from home, continued exercises and continued painkillers.
- Movement getting better but still not very strong.

Month Two

- Still not able to sleep on right side, very painful if I wake up on that side.
- Still taking painkillers probably morning and night,
- Working at laptop better, need to move each hour but getting better,
- Able to do more household chores,

Month Three

- Stopped taking painkillers, feeling ok, movement much better and hardly any pain.
- Only painful if I wake up after sleeping on right side.

Month Four

- Started going back to gym, have a programme put in place.
- Actually able to sleep on right side without much difficulty as long as not for the whole night.
- Hardly any pain from op or original complaint.
- Just about back to normal.