

DIARY AFTER RIGHT SHOULDER ARTHROSCOPIC SUBACROMIAL DECOMPRESSION AND ACROMIOCLAVICULAR JOINT EXCISION

Day of operation

- Woke after surgery at 5pm. Meal at 6pm. Discharged at 8pm.
- Shoulder aching but manageable. Started regular painkillers (Co-codamol and Ibuprofen).
- Comfortable night sleeping upright with sling on.

Day One

- Quiet day around the house, removed sling only for exercises, which were moderately painful.
- Shaved and brushed teeth with left hand. Uncomfortable night, shoulder sore when moved.
- Painkillers 4 times a day.

Day Two

- Had bath, washed hair and dressed. Took an hour, with a lot of help.
- Shaved, brushed teeth and applied underarm deodorant with right hand but can't brush hair. Able to put in contact lenses.
- Went shopping in the morning, then removed sling for the rest of the day.
- Exercises less painful. Using computer mouse and keyboard with ease.
- Slept with sling on and pillow under right arm. Comfortable night.
- Painkillers 4 times a day.

Day Three

- Shoulder very sore on waking, but eased after first exercises.
- Still can't brush hair with right hand.
- Another comfortable night.
- Painkillers 4 times a day.

Day Four

- Little pain on waking. Occasional shoulder pain when making sudden extended movements.
- Showered in the evening and changed dressings – wounds healing nicely.
- Woke in the night with sore arm. Removed sling and slept with arm straight and resting on a pillow – much better.
- Painkillers 4 times a day.

Days Five to Seven

- Shoulder sore on waking and during first exercises. Can brush hair carefully with right hand.
- Returned to work (short commute by train). No problems moving around, using computer or handling paperwork. Occasional pain on extended movements.
- Painkillers 4 times a day.

Day Eight

- Drove to work. No problems as long as I don't stretch out to close the door!
 - Had first physio session in the evening. Good range of movement.
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Day Nine

- Shoulder more painful than usual after physio!

Days Ten to Fourteen

- Shoulder settling down nicely, stopped painkillers.
- Able to do most things, including lifting and overhead work for short periods.
- Arm pain during extreme movements when exercising.

Day Fifteen

- Second physio session. Range of movement further improved, but can't raise arm behind back. Given additional exercises for next two weeks.

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Weeks 2 to 4

- Slight improvement in range of movement (except behind back).
- Mild pain in top of shoulder and down arm during certain movements.
- Sleeping on shoulder causes discomfort or tingling.
- Physio every two weeks now.

Weeks 5 to 8

- Resumed sports activities – swimming and full-bore target shooting – slight discomfort at first but soon eased. Worked up to 20 brisk lengths, three times a week.

Weeks 9 to 12

- Exercising with Theraband twice a day.
- Slow but steady improvement in range of movement.
- Starting to get my arm up behind my back now.

Week 13 onwards

- Finished physio but continuing with Theraband exercises.
 - Now able to do most DIY tasks – lifting, carrying, working overhead, digging, hammering, drilling etc.
 - At last I can scratch my back!
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