

ASD/ACJ Excision

Day 1:

Polysling for 3-4 days

Finger, wrist and elbow movements

Pendular exercises

Active (assisted) glenohumeral movement in all planes

Teach postural awareness and scapular setting

Week 1:

Begin isometric strengthening (progress using pain & ROM as the limiting factor)

Over zealous physio or repetitive sustained overhead activity could lead to delayed healing & pain

Return to functional activities

Return to work	Sedentary job: as tolerated
months	Manual job: may need to modify activities for 3
Driving	1 week
Swimming	Breaststroke: as able
	Freestyle: 12 weeks
Golf	6 weeks
Lifting	as able
Racquet sports	Avoid repetitive overhead shots for 3 months

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