

Subacromial Decompression Surgery Physiotherapy

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Editorial

Tissue from the anterior region of the shoulder is removed during the Subacromial decompression surgery. The subacromial space is the area of the shoulder that is beneath the acromion process, which is a bony protrusion on the scapula (shoulder blade). The acromion process and any inflammatory tissue, including the subacromial bursa, are debrided during the surgery. This frees up space in the front of the shoulder, allowing the rotator cuff tendons to move freely without being irritated or squeezed. The surgery is done arthroscopically and is usually conducted as an outpatient day surgery. This means that having to spend the night in is extremely uncommon.

Post-Operative Visits

In Your Own Home after 2 days, you may remove your post-op dressing and reapply it as needed. Remove the steri-strips that run across your incisions but do not remove the tape. Allow them to naturally fall off. After two days, you may shower, but keep your sutures in place with a water-tight bandage until they are removed. Bathing without getting your shoulders wet or sponge baths are both excellent options. By leaning forward and letting the arm dangle, you can wash under the affected arm. You can move your arm in front of your body but not to the side until your doctor gives you permission. You can take your sling off several times a day and do shoulder pendulum movements while gently moving your hand, wrist, and elbow.

Medication

After the operation, your surgeon will prescribe pain medication for you. If you have any questions about your medicine, please contact your doctor's office.

Ice

After the operation, you must apply ice to your shoulder to relieve pain and swelling. 3-5 times a day, for 10-20 minutes at

a time, until the postoperative inflammation subsides, ice should be applied. Always keep one layer of ice between your skin and the ice. This can be accomplished by placing a pillow case over your ice pack.

Sling

After the procedure, you will be given a sling to wear. When you're bathing or showering, or doing your exercises, take it off. Remove the sling numerous times throughout the day to conduct pendulum exercises as directed. Wear the sling the majority of the time (particularly when out in public) until your first post-op visit with your doctor. The majority of patients wear their sling for roughly two weeks. If your situation is unusual, your doctor may have specific instructions for you on how to utilize the sling.

Sleeping

If you need to, sleep with a pillow positioned under your arm to keep it away from your body. For many patients, lying flat is first unsettling. After the operation, it is usually better to sleep propped up for a short amount of time. For at least 6 weeks, avoid sleeping on your operated shoulder.