



**Diary of the experience of a 64 year old man after undergoing an arthroscopic subacromial decompression and acromioclavicular excision.**

**Day One**

Arm moderately painful  
Had light breakfast with use of arm  
Dressed with a little difficulty  
Returned home – light exercise  
Painkillers in morning then at bedtime

**Day Two**

Slept well just mild discomfort  
Had breakfast without any problems  
Shaved with elec razor, slight discomfort  
Used PC – keyboard no problem  
Put on lace up boots and went for 40 min walk  
Only slight pain when resting arm  
Painkillers at bedtime

**Day Three**

Arm a little sore today and had difficulty dressing  
No problems with meals  
Worked for several hours on PC  
Moderate exercises  
Used sling to ease the pain  
Painkillers at bedtime

**Day Four**

Better night's sleep, only woke once but managed to sleep on my side with pillow supporting arm  
Shaved, washed under arms and brushed hair with only mild discomfort  
Stepped up exercises  
40 min walk, arm comfortable all day, and no need for sling  
No painkillers tonight

**Day Five**

No problem sleeping  
Morning walk and exercises, no painkillers

**Day Six**

Slept well  
Had bath and washed hair  
Helped with dishwashing and exercised



**Day Seven**

Used PC most of day  
Completed exercise routine  
Short car drive

**Week Two**

Back to gym (2 days) bike and jogging on treadmill  
Maintained exercise routine  
Beginning to reach above shoulder, still a little painful  
Gardening clearing leaves etc.  
Chopped some wood for kindling  
No painkillers

**Week Three**

Almost back to normal except for tennis swimming etc  
No problem with lifting  
Reaching up still difficult  
Back to gym 3x days  
No painkillers

**Week Four**

Progressing on from previous week  
Good pain free movement below shoulder level  
Met consultant who was happy with my progress and assured me the stiffness in reaching up will dissipate over the next few weeks  
As I am anxious to return to playing tennis suggested that a few sessions with physiotherapist might help  
Towards end of week shoulder became very painful and had to resort to painkillers for 2 days- probably have overdone exercises or just got a chill

**Month Two**

Overcame the problem at end of last month  
Raising arm still uncomfortable  
Had two appointments with physiotherapist and given an exercise routine  
Back to gym 3x a week  
Played a set of tennis at end of month but very tentative with serve

**Month Three**

Progressing well  
Went on skiing trip – no adverse effects, however as an accomplished skier, I don't fall very often and was extra careful on the slopes

**Month Four**

Back to normal  
Swimming- crawl and breaststroke

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Circuits in gym including light weights

Back playing tennis

Can now reach up without pain and my shoulder is now performing better than before the operation

### **Contact details**

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