

# Injury Bulletins

## Acromioplasty Surgery



### Description.

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The “Acromion” is part of the scapula (shoulder blade) that sits above the shoulder ball and socket joint. The rotator cuff muscles are called the supraspinatus, infraspinatus, teres minor and subscapularis. The rotator cuff muscles run in an enclosed space underneath the acromion (particularly the supraspinatus). Any decrease in this space can result in excessive pressure being applied to the rotator cuff.

Acromioplasty surgery is designed to remove pressure from the tendons of the rotator cuff by removing part of the bony roof (or acromion) that encloses the tendons. When the shoulder is examined in surgery, often a small tear is found in one or more of the rotator cuff tendons. This may be repaired by your surgeon if the tear is severe enough.

Shoulder acromioplasty surgery may be performed openly, through an incision in the deltoid muscle, or via an arthroscopic procedure using a small telescopic camera. The inflamed bone on the underside of the acromion may be smoothed and scar tissue removed to assist in regaining lost shoulder movement and/or provide pain relief.

Depending on the results of the surgery, the surgeon will advise you when commencing rehabilitation is appropriate. Whilst early mobilisation encourages cartilage nutrition and prevents adhesion formation, inappropriate early loading can cause further damage to the shoulder joint. Each individual will progress at slightly different rates - please consult rehabonthenet’s member’s zone or your surgeon if you have had surgery and are concerned about your progress.

Rehab On The Net provides a complete rehabilitation program designed by experienced hands-on physiotherapists. Our members area provides the most comprehensive video, ebook, Q&A forum on the net to answer all your acromioplasty questions and guide you safely through the rehabilitation process to restore you shoulder’s strength and function.



**Please feel free to discuss any problems or queries with your physiotherapist or get up to date treatment options by subscribing online at [www.rehabonthenet.com](http://www.rehabonthenet.com).**