

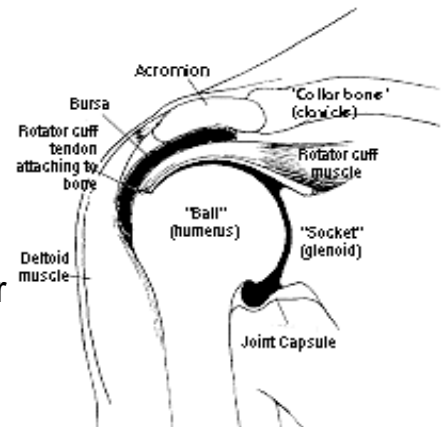


Want to know a little more?

Acromioplasty

The shoulder joint is formed by the humerus (upper arm bone) and the scapula (shoulder blade) and is supported by many ligaments and muscles.

The rotator cuff muscles attach from the shoulder blade to the head of the humerus. These muscles are essential for comfortable, normal movement of the shoulder. The tendon part of these muscles is located between the humeral head and the overlying bone (acromion) and it attaches onto the outside aspect of the humeral head.



In some cases a bone spur develops on the undersurface of the acromion, which can encroach on the rotator cuff tendons. Over time and with repetitive use this can then cause degenerative “wear and tear” of the rotator cuff which can include a partial or complete tear of the rotator cuff tendons.

When this wear and tear is extensive pain may develop in the shoulder and upper arm region, especially when the arm is lifted or when using the arm forcefully.

An acromioplasty is a surgical technique to shave the undersurface of the acromion to remove the bone spur thereby reducing ongoing irritation to the rotator cuff tendons. If the rotator cuff damage is extensive then a rotator cuff repair may also be needed (see Rotator Cuff Repair information sheet).

Typically after surgery you are required to wear a shoulder sling for up to 3 weeks. Your rehabilitative exercise program guided by your physiotherapist must be carefully planned to ensure maximal outcomes.

Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist

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