



Isle of Wight
NHS Trust

Patient Information Leaflet

Acromioclavicular Joint Reconstruction (LARS)

Produced by:
Physiotherapy Department

Date: June 2017
Review due: June 2020



If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

Life in a sling

How do I wash?

To wash, removing the sling is advisable. Initially, it is very important to keep the area around your incision dry. When you do need to wash, at first you may need assistance to wash your un-operated arm, as you will not be able to use your operated arm for this.

After this, you can shower with the incision covered, as your shoulder heals. Waterproof dressings may be provided by the hospital to wear when you are washing, or alternatively these can be bought from a chemist. If you do not have access to these, cling film, bin bags or clear plastic bags may be taped over the area. Whilst in the shower, if you position your incision away from the flow of water, it is more likely to stay dry. To dry yourself, it may be easier to put a toweling bathrobe on, which will help to dry your un-operated arm.

It is important not to soak your wound for at least 2 weeks, so baths should be avoided, and only prescribed creams/ointments should be used.

How can I dress my arm?

Initially it will be a lot easier to wear front-opening clothes. Always dress your operated arm first. Sit on the edge of a chair or stand with your operated arm 'hanging' by your side. Slide your operated arm into the garment first using your un-operated arm. Do not assist with your operated arm, just let it hang loose. Once this arm is fully in the sleeve bring the garment around your back and put the other arm in. Any fasteners must be fastened only with your un-operated arm. Once you have dressed your upper body, place your arm back in the sling.

How do I sleep?

For approximately the first 2–3 weeks (unless advised otherwise) you should keep your sling on whilst you sleep. You may find it more comfortable to sleep on your back initially, with pillows under your operated arm for support. You may also find it comfortable to sleep in a semi-sitting position.

How do I eat?

Until you do not need to wear the sling anymore, you should only feed yourself with your un-operated hand. After this time you may return to feeding yourself using both hands.

How do I move?

Whilst you are in the sling, you must only push up from a bed, chair, toilet and bath using your un-operated arm. Once you are out of the sling, unless you are told otherwise, you may return to using both arms as pain allows. For going up and down stairs, ensure you use your un-operated arm on the banister.

Kitchen activities and life around the home

While you are in the sling, you must use your un-operated arm for kitchen activities, for example, making meals, snacks and drinks for yourself. After this time you may return to using both arms. You **must** avoid lifting anything heavy for 3 months, unless your physiotherapist advises you otherwise. Once you come out of the sling, you may start to lift light items as guided by your physiotherapist or surgeon. More strenuous housework or activities may need to be avoided until 3 months after your operation.

How long will I need to wear my sling for?

This will vary depending on your individual needs and the specific operation which you have had. Please follow the advice provided to you post-operatively by your physiotherapist or surgeon, although a rough guide would be 2 weeks.

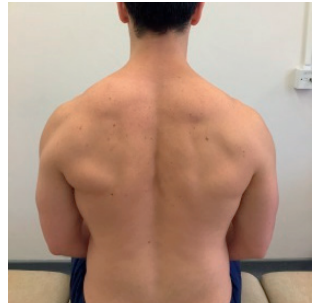
Exercises

Posture:

All of the following exercises should be completed with your back and neck in a neutral position. Sit or stand with your head up straight and your chin slightly tucked in. Your shoulders shouldn't be rounded forwards.

Scapular setting:

Stand or sit with your back and neck straight. Squeeze your shoulder blades back together and down, hold for 5–10 seconds.



Assisted Flexion (using your other hand):

Clasp your hands together and use your non-operated arm to help bring your operated arm out in front of you so your elbow is at shoulder height. Hold for 5 seconds and then lower back down.

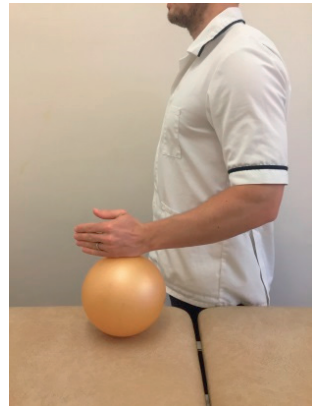


This exercise can also be carried out by holding a stick in both hands and lifting the stick straight out in front of you with your non-operated side, bringing your operated arm up to shoulder height.

These exercises can initially be completed with the non-operated arm doing all the work and gradually reducing this so that the operated side is doing more and more until the operated side is doing the full movement itself.

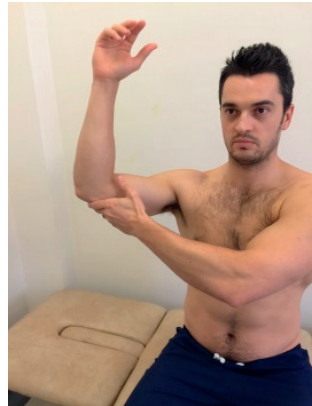
Assisted Flexion (using a ball):

Place a ball on a table in front of you. This can be a gym ball as in the picture, or something like a football. Stand up with your back and neck in a neutral position. Place your hand on the ball in front of you with your elbow bent. Gently straighten your elbow, rolling the ball away from you, until your arm is straight out in front of you. Roll the ball back towards you. If you can, step forward with the opposite leg at the same time as you do this.



Assisted Abduction:

Keep your elbow bent at right angles. Using your non-operated arm to assist the movement, take the arm out to side up to about shoulder height. You don't have to have your hand pointing up like the picture, it can face forwards if you find that easier. Hold for 5 seconds and then slowly lower back down.



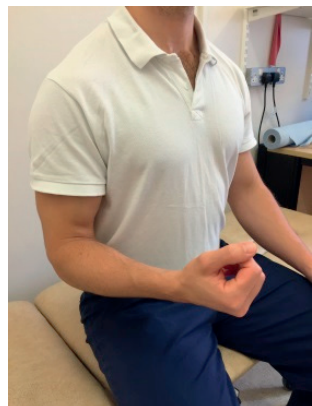
Internal Rotation:

Bend your elbow to a right angle and tuck it in by your side. Bring your hand in towards your body while keeping your elbow in the same position at your side. Further this exercise by placing your hand at the small of your back and trying to lift your hand away from your back.



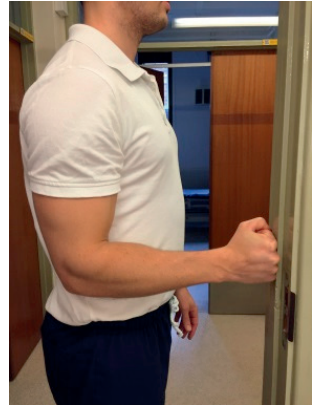
External Rotation:

Bend your elbow to a right angle and tuck it in by your side. Bring your hand out to the side while keeping your elbow in the same position by your side.



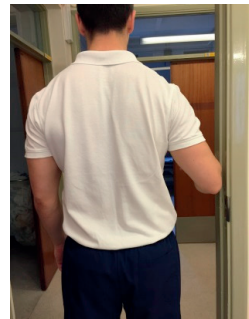
Isometric Exercises:

Stand facing a wall. Keep your arm close to the side of you with your elbow bent at right angles. Push your arm forwards against the wall without leaning your body. Hold for 5–10 seconds.



Stand facing away from a wall. Keep your arm close to the side of you with your elbow bent at right angles. Push your arm backwards against the wall without leaning your body. Hold for 5–10 seconds.

Stand sideways to a wall. Keep your arm close to the side of you with your elbow bent at right angles. Push your forearm sideways against the wall without leaning your body. Hold for 5–10 seconds.



Stand in a doorway. Keep your arm close to the side of you with your elbow bent at right angles. Push your hand inwards against the wall without leaning your body. Hold for 5–10 seconds.

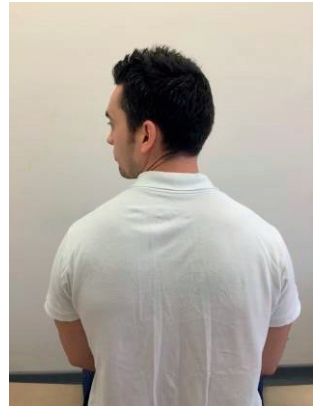


Stand in a doorway. Keep your arm close to the side of you with your elbow bent at right angles. Push your hand outwards against the wall without leaning your body. Hold for 5–10 seconds.



Neck, Elbow and Wrist:

While you are recovering from your surgery you should ensure that your neck, elbow, wrist and hand joints do not become stiff. Keep your neck mobile by tucking your chin into your chest and looking up, bringing your ear towards your shoulder and by looking over each shoulder.



Bend and straighten your elbow. If your arm is in a sling, regularly remove it and bend and straighten your elbow while keeping your shoulder still.



Keep your hand and wrist mobile by bending and straightening your wrist and fingers. Even when your shoulder is immobilised in a sling, try to include the hand on your operated side in functional activities such as preparing something at the kitchen counter.

All of these exercises should be done little and often throughout the day. Aim for at least 4 times per day and it is normal for your arm to ache initially while doing the exercises.

Notes

If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.