What are the treatment options covered in this decision aid?

1. Surgery (‘subacromial decompression’ and/or ‘rotator cuff repair’)
   Surgery requires admission to hospital and an anaesthetic. The surgeon will make a small skin cut in your shoulder to perform the procedure. Your surgeon may perform one or both of the following procedures:
   - **Subacromial decompression**: Increase the space under the acromion by either shaving back some bone, trimming some ligament or removing a bursa
   - **Rotator cuff repair**: Reconnecting torn rotator cuff tendons
   The surgeon may only decide on which procedure to perform while in surgery.

2. No surgery
   You can choose to not have surgery and instead have injections, physiotherapy, medication or wait to see if it improves by itself.

NON-SURGICAL OPTIONS

- Wait to see if your symptoms improve by themselves (roughly half of all people with these symptoms will recover within 6 months) and/or change your activities until the pain settles (eg. avoid carrying heavy grocery bags or take a break from sport if these activities cause pain)
- Take simple pain medicine (eg. paracetamol, anti-inflammatories)
- See a health professional (eg. physiotherapist) for advice on changing some daily activities and/or some muscle strength and endurance exercises
- See a health professional (eg. doctor) for a steroid injection

SURGERY FOLLOWED BY 3-12 MONTHS REHABILITATION

- **Subacromial decompression surgery**: Increase the space under the acromion by either shaving back some bone, trimming some ligament and/or removing a bursa
- **Rotator cuff repair surgery**: Reconnecting torn rotator cuff tendons

You will need to have rehabilitation involving exercises for at least 3 months following surgery. Much of this rehabilitation can be done at home.