

What are the treatment options covered in this decision aid?

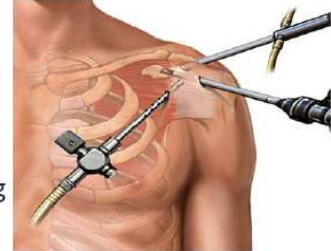
1. Surgery ('subacromial decompression' and/or 'rotator cuff repair')

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.

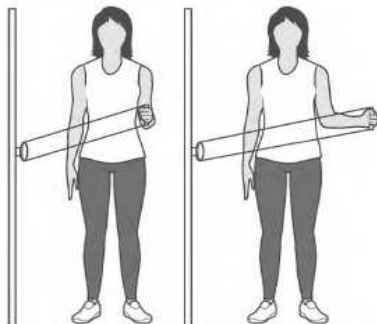


+ What are the treatment options covered in this decision aid?

NON-SURGICAL OPTIONS

Trying the following non-surgical options is recommended before considering surgery:

- 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

You may consider surgery if the non-surgical options do not work and you can no longer put up with the pain. Typically surgery is not performed unless you have had symptoms for at least 3-6 months.

Surgery requires staying in hospital, having an anaesthetic and small skin cuts in your shoulder so the surgeon can perform one or both of the following:

✓ 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.

