

Policy statement:	Arthroscopic Shoulder Decompression
Status:	Individual Funding Approval

M&SECCGs commission arthroscopic shoulder decompression on a restricted basis. Arthroscopic subacromial decompression for pure subacromial shoulder impingement should only be offered in appropriate cases. To be clear-‘pure subacromial shoulder impingement’ means subacromial pain not caused by associated diagnoses such as rotator cuff tears, acromio-clavicular joint pain, or calcific tendinopathy. Non-operative treatment such as physiotherapy and exercise programmes are effective and safe in many cases.

Primary care referral can be considered for surgical opinion for patients who meet **all** of the following criteria:

- Patient has had symptoms for at least 3 months from the start of treatment
- Symptoms are intrusive and debilitating (for example waking several times a night, pain when putting on a coat)
- Patient has been compliant with conservative intervention (education, rest, NSAIDs, simple analgesia, appropriate physiotherapy) for at least 6 weeks
- Patient has initially responded positively to a steroid injection but symptoms have returned despite compliance with conservative management
- Referral is at least 8 weeks following steroid injection
- Patient confirms they wish to have surgery.

RED FLAG SYMPTOMS

Emergency referral - same day:

- Acutely painful red warm joint– e.g. suspected infected joint.
- Trauma leading to loss of rotation and abnormal shape - unreduced shoulder dislocation.

2WW referral to secondary care:

- Shoulder mass or swelling - suspected malignancy
- Sudden loss of ability to actively raise the arm (with or without trauma) - acute cuff tear.
- New symptoms of inflammation in several joints - systemic inflammatory joint disease (rheumatology referral).

Further information on applying for funding in exceptional clinical circumstances can be found on the CCGs’ website.

Reference



<https://www.oxfordshireccg.nhs.uk/professional-resources/documents/commissioning-statements/269b-subacromial-decompression-of-the-shoulder.pdf>

Evidence based interventions- guidance for CCGs.

