



SHOULDER HEMIARTHROPLASTY

Physical Therapy Protocol

Patient Name: _____ Date of Surgery: _____

Procedure: Right / Left Shoulder Hemiarthroplasty

_____ Evaluate and Treat _____ Provide patient with home exercise program

Frequency: _____ x/week x _____ weeks

Recommendations:

- Wear sling for 4 - 6 weeks.
- No driving until 6 weeks post-op.
- Encourage PROM at home daily by family member for the first 4 - 6 weeks.
- Have patient ice shoulder 3 - 4 times daily in supported abduction to facilitate circulation and decrease pain.
- No shoulder extension for 4 weeks to protect the anterior deltoid.
- Return to work to be determined on an individual basis by the physician.

Post-Op Protocol:

_____ Phase I (0 - 4 Weeks):

- Instruct family member in proper PROM techniques and ROM limitations (Have them perform a supervised demonstration!).
- Emphasize proper posture when sitting and standing.
- PROM limits dictated by physician. If no dictation/communication available at time of initial visit then restrict ROM to 90° FE, 45° Abd, and 20° ER. No shoulder extension.
 1. Supine passive external rotation with wand. Make sure patient keeps elbow supported and flexed to 90°.
 2. Soft tissue massage once incision has healed.
 3. AROM of elbow, wrist and hand with arm supported.

_____ Phase II (2 - 4 Weeks):

1. Sidelying scapular retraction/protraction initiated.
2. Sidelying "scapular clocks".
3. PNF scapular patterns for anterior elevation/posterior depression emphasized for future active exercises.
4. May begin gentle thoracic mobilization.

Phase III (4 - 6 Weeks):

- **Wean from sling (night time) after 4 weeks, discontinue completely by 6 weeks.**
- **At 4 weeks may begin to progress ROM and by 6 weeks ROM will be to tolerance. Consult MD earlier if patient not achieving MD imposed ROM limits with ease**
 1. Progress to self-assist PROM including UBE (avoid extremes of extension), pulleys, etc.
 2. Begin gentle manual resistance for scapular protraction/retraction and elevation/depression.
 3. Gentle sub-maximal isometrics all planes.
 4. Gentle open kinetic chain rhythmic stabilization progression in supine.
 5. Begin gentle closed kinetic chain (CKC) balance and stabilization progressions.

Phase IV (6 - 8 Weeks):

- **Begin AAROM within pain-free ROM.**
 1. Self-assist forward elevation with wand with slow progression from supine to standing position.
 2. Begin general cardiovascular training (as appropriate) including walking, stationary cycling, etc.
Can begin earlier depending on fitness level and ambition of patient.

Phase V (8 -10 Weeks):

- **Begin AROM within pain-free ROM.**
 1. Begin AROM with emphasis on rotator cuff exercises (without resistance) including standing forward elevation (< 90°) and side lying internal and external rotation. Progress to prone horizontal abduction (thumbs up) at 100° and 90° of abduction, prone external rotation in 90/90° position, and prone extension, all within pain-free ROM.
 2. Initiate scapulothoracic strengthening exercises including supine ceiling punches and seated rows.
Progress to prone horizontal abduction (thumbs up) at 150° and 90° of abduction (last 20° of available range only).

Phase VI (10 -12 Weeks):

- **AROM WFL by 12 weeks.**
 1. Progress self-stretching exercises including door frame hang for forward elevation, corner stretch for abduction/external rotation, etc.
 2. Begin upper extremity endurance training on UBE as appropriate.

Phase VII (12 -14 Weeks):

- **Begin RROM within pain-free ROM.**
- **Initiate gentle internal rotation stretching behind back.**
 1. Begin PRE's with hand weights, theraband, etc. as tolerated, focusing on rotator cuff and scapulothoracic strengthening within pain-free ROM.
 2. Begin isokinetic internal and external rotation (0° abduction -> scapular plane -> 90/90° position progression).
 3. Progress CKC exercises including seated press-ups, step-ups, BAPS board, treadmill and push-ups with a plus (wall to floor progression).
 4. Initiate manual resistive exercises including PNF techniques.
 5. Begin work-specific activities as appropriate.

_____ **Phase VIII (14 -16 Weeks):**

• **Emphasize concepts of frequency, duration and intensity of training.**

1. Progress PRE's as tolerated.
2. Begin low-level plyometric progression including 2-hand plyoback ball toss, ball dribbling, etc.
3. Initiate sport-specific activities including interval golf program, racquet strokes, etc.

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.

This patient _____ would _____ would not benefit from social services.

Physician Name: _____ Date: _____