

SHOULDER HEMIARTHROPLASTY PROTOCOL

	IMMOBILIZER	RANGE OF MOTION	EXERCISES
PHASE I 0-4 weeks	<p>0-2 weeks: Worn at all times (day and night)</p> <p>Off for gentle exercise only</p> <p>2-4 weeks: Worn daytime only</p>	<p>Limit ER to passive 45° to protect subscap repair</p> <p>PROM FE to 135, Abduction to 90, ABER 45, ABIR 30</p> <p>No active IR nor extension until 6 weeks</p>	<p>0-2 weeks: Grip strengthening, pendulum exercises</p> <p>Elbow/wrist/hand ROM at home</p> <p>2-4 weeks: Begin cuff, deltoid isometrics; limit ER 45° passive</p> <p>Supine, upright PROM, modalities</p>
PHASE II 4-12 weeks	None	<p>Increase as tolerated to full</p> <p>Begin active assisted/active internal rotation and extension as tolerated after 6 weeks</p>	<p>6-8 weeks: Begin light resisted ER, forward flexion and abduction, active IR.</p> <p>8-12 weeks: Begin resisted internal rotation, extension and scapular retraction</p>
PHASE III 12-24 weeks	None	Progress to full motion without discomfort	<p>Advance strengthening as tolerated</p> <p>Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres</p> <p>Maximize subscapular stabilization</p>

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP