Shoulder Hemiarthroplasty Physical Therapy Protocol

Phase I: Immediate Motion (Weeks 0 to 8)

Goals
- Allow early healing of capsule
- Increase passive range of motion
- Decrease shoulder pain
- Retard muscular atrophy and prevent rotator cuff inhibition

Brace
- Discontinue use after six to eight weeks (unless otherwise advised by Dr. Kendall)

Weeks 0 to 2

Range of Motion
- Week 1
  - Flexion: 75 degrees
  - External rotation: 0 degrees
  - Internal rotation: 25 to 30 degrees

Exercises
- Elbow/wrist/hand exercises
- Passive range of motion per guidelines above
- Pendulum exercises
- Initiate pulleys for flexion at day seven
- Submaximal isometrics for shoulder musculature at day ten
- Cryotherapy and modalities for pain and inflammation every hour for 20 minutes

Weeks 3 to 8

Range of Motion
- Week 3
  - Flexion: 90 to 110 degrees
  - External rotation: 25 degrees
  - Internal rotation: 55 to 60 degrees
- Week 6
  - Flexion to tolerance
  - External rotation: 60 to 70 degrees
  - Abduction: 90 degrees
- Week 8
  - Restore full range of motion

Exercises
- Continue passive range of motion per guidelines above
- Initiate active assisted range of motion exercises (wand exercises)
- Continue submaximal isometrics
- Initiate rhythmic stabilization drills
- Continue cryotherapy for pain management
Phase II: Active Motion (Weeks 9 to 14)
Criteria to Progress to Phase II
• Confirmation of tuberosity healing
Goals
• Improve dynamic stabilization and strength
• Improve range of motion
• Decrease pain and inflammation
• Increase functional activities

Weeks 9 to 14
• Gradually progress range of motion per the guidelines above
• Initiate active range of motion exercises
  • Supine flexion
  • Side lying external rotation/abduction
• Initiate strengthening exercises
  • External rotation/internal rotation tubing
  • Prone rows
  • Prone extensions
  • Biceps/triceps

Phase III: Return to Activity (Weeks 15 to 26)
Criteria to Progress to Phase III
• Passive range of motion of flexion to 160 degrees, external rotation to 75 degrees and internal rotation to 60 degrees
• Muscular strength of four to five or better
Goals
• Improve strength of shoulder musculature
• Neuromuscular control of shoulder complex
• Improve functional activities
• Teach independent home exercise program for strength maintenance

Weeks 15 to 26
Exercises
• Continue all stretching exercises
• Continue exercises as listed above
  • Full can raises
  • Lateral raises
  • Tubing exercises
• Fundamental exercises
• Endurance training
• Initiate interval sports program if appropriate at week 20