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Shoulder Hemi/Total Arthroplasty Protocol

Thomas P. Burns MD

Sling

Full time use for first 6 weeks. May be out of sling during non “at risk” activities. Discontinue as tolerated after week 6.

Weeks 1-6

Begin active assisted shoulder motion (all planes except IR)

**** (No active internal rotation until week 7) ****

Limit external rotation to 40 degrees

NO RESISTED BICEPS

Full hand, wrist & forearm active motion

Initiate independent home motion with caregiver: PROM

Active scapular motion (shrugs, retraction, depression)

Isometrics below 90° (**No internal rotation until week 7**)

Weeks 7-9

Advance to full active motion (all planes)

Independent HEP program: daily stretching

Scapular stability

Weeks 10-12

Continue motion as needed

Begin resistance with activities below shoulder level

Maintain proper scapulohumeral rhythm

Emphasize continued independent home stretching

Months 3-6

Return to regular activity

Maintenance Program

Daily Stretching (all planes)

Strengthening 2-3 times / week