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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