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Dr. Chad Myeroff's Rehabilitation Protocol

Anatomic Total Shoulder Arthroplasty / Hemiarthroplasty

Three times per day home exercise program including:

Prehab: 0-6 weeks pre-operative appointment to establish care and coaching on:

- Set expectations and training on recovery, exercises and restrictions, sling donning and doffing
- Work and home evaluation / modifications including ADLs, hygiene, sleep, equipment

Phase 1: Week 0-6 (1st post-op PT visit should immediately follow 2-week post-op surgical visit)

- Maintain sling use (except for hygiene, TID finger, wrist, elbow AROM and therapy)
 - OK for axillary cares (hangs) but no pendulum swings / Codman's.
- POD 7-14: Formal PT AND three times daily (TID) home exercise program (HEP)
 - PROM: ER 0-30° (subscap protection) with elbow at the side, FF 0-140°
 - Overhead pulleys, table slides, supine wand exercises
 - Periscapular isometrics
- No lifting > weight of coffee cup

Phase 2: Week 6-12

- Wean from sling except when in public
- Advance to unrestricted PROM → AAROM
 - Overhead pulleys, table slides, wall climbs, supine wand exercises
- ER (infraspinatus), rhomboid, deltoid, lat isometrics
- Begin to use arm for ADLs avoiding shoulder AROM
- No lifting > 5 lbs
- No active IR

Phase 3: Week 12-18

- Unrestricted AROM
- Phase I cuff strengthening → total arm strengthening once ROM is full
- Periscapular strengthening
- Independent home exercise program
- Return to high level functional ADLs and simulation of work environment
- Activities as tolerated
 - Avoid repetitive heavy lifting, bench press, military press, pushups
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More info: www.twincitiesshoulderandelbow.com/shoulderarthritis/

twincitiesshoulderandelbow.com/patienteducationdocuments/