

POST-OP Shoulder Hemiarthroplasty Instructions and Therapy Protocol

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Instructions

- ✓ Use the supplied sling at all times unless performing therapy exercises as directed
- ✓ Use your **R L** hand for light activities only that can be performed while in a sling .
- ✓ For bathing, after removal of the dressing, you may shower. **DO NOT** use the **R L** arm for washing. Be gentle. Sudden movements or actively moving the arm away from the body can disrupt the surgical repair.

Dressing

- ✓ Keep your dressing clean and dry. Cover for washing until it is removed.
To reduce the risk of infection:
 - **DO NOT soak the wounds for prolonged periods (ie no swimming, baths, etc).**
 - **DO NOT apply any antibiotic or other ointments, gels, or creams**
 - **Call the office if there is persistent drainage from the surgical wounds after removal of the dressing.**

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication.

Follow-Up

- ✓ Please make an appointment to see me back in the office approximately 10-14 days from surgery. The dressing will be removed at that time.

Other Notes / Instructions

THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD

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Patient Name _____ Date of Surgery _____

Diagnosis _____ Surgery _____

Week 0-3: Goals = Control pain, promote healing

- Stay in sling at all times except while performing exercises as below
- Wean off of prescribed medication. Avoid NSAIDs

Exercises to perform 4-5 x day, 7 days/week

- Elbow, wrist, hand ROM
- Pendulums
- *Stay in sling when not performing exercises*

Week 3-6: Goals = Promote healing, prevent stiffness

- Progressive gentle PROM: scap plane elevation 90; abduction to 90
- *Stay in sling when not performing exercises*

Weeks 6-12: Goals = Improve ROM, begin strengthening

- Wean off sling
- Progress PROM gently above 90 in forward flexion / scaption and abduction
- Begin AAROM → AROM in forward flexion / scaption and abduction
- Begin passive IR / ER, progressing to AAROM → AROM
- Strengthening: isometrics / light bands at 10 weeks
- Scapular stabilization exercises
- Modalities as indicated per PT discretion

Week 12+: Goals = Regain full ROM, Strengthen muscles

- PROM → AAROM → AROM to tolerance
- Advance strengthening: isometrics → bands → light weights