

## HEMI-ARTHROPLASTY SHOULDER REPLACEMENT PHYSICAL THERAPY REFERRAL

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

PT /OT 2-3 visits per week for 10-12 weeks

### Immediate Post-operative Period

- Wear sling in public and to sleep
- PROM  

<u>Weeks 1-4</u>	<u>Weeks 4-6</u>
FE: 0-75	0-120
ER: 0	0-15
- NO extension x 6 weeks
- AAROM (wand, self-stretch)
- Ice 3-4x daily

### 7 Days-2 Weeks (Goal: Protect subscapularis healing and tuberosity healing)

- Wear sling in public x 4 weeks
- NO UBE
- Isometrics for all shoulder motions within pain-free ROM – NO ACTIVE Internal Rotation, NO PASSIVE External Rotation
- Ice following exercises

### 3 – 6 Weeks (Goal: full PROM (except ER) at end of 6<sup>th</sup> week, allow fractured tuberosities to heal)

- No resistive exercises
- No weights
- Active range of motion – supine (no weights)

### 6-12 Weeks (Goal: increase function and strength, increase ER ROM)

- Resistive exercises
- Therabands – home strengthening

>12Wks: Weights – 5-10 lbs

Signature \_\_\_\_\_ Date \_\_\_\_\_

Renew Therapy \_\_\_\_\_ Date \_\_\_\_\_