

Hemi-Arthroplasty Shoulder Post Operative Rehabilitation Protocol

Prior to Surgery:

- Expect a call from your physical therapy facility to schedule a “Prehab” appointment for you. This appointment will encompass exercises that you may start after surgery, how to perform your activities of daily living, how to best remove and apply your sling, etc.
- Unless otherwise decided, expect a call from Rapid Recovery to fit you for your post-operative sling and to demonstrate and instruct you on how to use the cryocuff (ice machine).
- At the surgical center, the anesthesiologist will discuss the option of a nerve block to numb your shoulder and arm for your surgery, often using an indwelling nerve block or pain ball.

Following Surgery:

- Expect a surgical bulky dressing following surgery and a drain to be removed next day.
- An arm sling should be worn for 6-8 weeks.
- Use cryocuff or ice shoulder 3-5 times per day for 30 minute intervals until your next clinic visit.
- Maintaining upright shoulder positioning may be more comfortable. (You may sleep in a recliner chair at night if it is more comfortable, but this is not required or use pillows behind you to prop yourself up.)

Post Op Day 1:

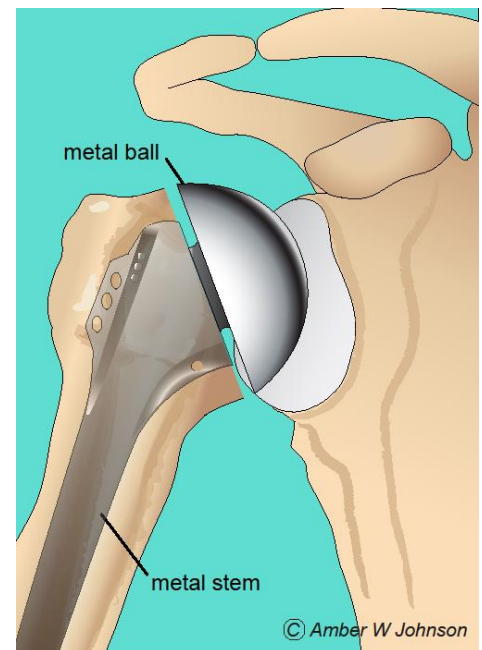
- Drain will be pulled (if applicable).
- Wear sling when walking, and at night.
- Take sling off when sitting up in bed or in a chair, and during exercises.
- Use hand for daily activities like brushing teeth, eating, and drinking.
- Frequent cryotherapy for pain, swelling, and inflammation management.

3 Days Post Op:

- After the pain ball is removed after 3 days, may remove the dressing and the yellow gauze, allowing the water to flow over the incision, no scrubbing or soap.

10-14 Days Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.
- Sutures will be removed in clinic. X-rays may be obtained.
- Your physical therapist will help teach the following exercises:
 - Progressive passive forward flexion with overhead pulley on door.
 - Gentle side-to-side pendulums and Codman exercises.
 - Anterior, middle and posterior deltoid isometrics.
 - Cross-chest adduction stretch. (Reach across chest to opposite shoulder, grab elbow w/opposite hand.)
 - Active and passive external rotation to neutral only for 6-8 weeks.
 - Scapular stabilization exercises (primarily retraction).





10-14 Days Post Op Continued

- Continue exercises 6x/day.
- If passive motion is stiff: begin stick exercises, wall walking, and overhead stretch with pulley.
- Progressively increase use of hand for daily activities.
- May begin driving independently when not taking pain meds.

6 Weeks Post Op:

- Begin gentle strengthening of deltoid and rotator cuff with Theraband **Rockwood V** progressive.
- Add scapular stabilizer exercises (Shoulder shrug with light weights in hands, and wall push-ups advancing to knee push-ups off chair.)
- May begin to wean from sling and use only as needed until 8 weeks post op.
- May begin Active Range Of Motion (ROM) of shoulder; however, no subscap (internal rotation) strengthening until 8 weeks post op.
- No heavy lifting of objects or pushing activities until 8 weeks!

8 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon, x-rays may be repeated.
- Add subscapularis strengthening and external rotation stretch.
- May begin swimming at about 8-10 weeks.
- May discontinue sling.

12 Weeks Post Op:

- Follow up appointment in clinic with P.A. or Surgeon.

Considerations:

- May expect to return to moderate activities such as fishing at 3 months and golf/tennis at 3-6 months.
- Expect release to full activities such as hunting between 4-6 months.

Precautions:

- Watch for signs of infection and call immediately if these signs develop:
 - Fever higher than 100°F, shortness of breath, or feel very sick.
 - Warmth, redness, and/or increased drainage coming from your incision site.
- Watch for signs of blood clots and go to the ER immediately if these signs develop:
 - Excessive increase in swelling, hardness, pain, or redness in forearm or calf.
- Do not lift any objects > coffee mug for *at least 8 weeks* post op if you had a Bicep Tenodesis done.
- Avoid excessive reaching and internal rotation until 8 weeks post op.
- **Before all exercises, remember to actively flex and extend elbow!**
- When lying supine, a small pillow or towel roll should be placed behind the elbow to avoid hypertension/anterior capsule stretch/subscapularis stretch until 8 weeks post op.