

- **Total Shoulder Arthroplasty**
- **Hemiarthroplasty**



Post-op protocol for ***Daniel Myer, M.D.***

Sling Use:

Sling for 4 weeks: **PROTECT THE SUBSCAPULARIS!**
OK to remove to: shower, change clothes, do physical therapy or eat

Phase I: (Passive)

Week 1-4

- Pendulums to warm-up
- Passive Range of Motion
- Supine External Rotation – 30 degrees or per Dr.'s orders
- Supine Forward Elevation –130 degrees or per Dr.'s orders
- Internal Rotation to belt line starting at week 3

Phase II:
(Active/Assistive)

Week 5 & 6

- Pendulums to warm-up
- Active Assistive Range of Motion with Passive Stretch to FULL ROM
- *****Push to FULL ROM with hold and relax technique**
- Scapular mobilization
- Supine-Seated External Rotation – Gradually increase to full
- Supine-Seated Forward Elevation – Full
- Internal Rotation – Gradually increase to full

Phase III:
(Resisted)

Week 7

- Pendulums to warm up and continue with phase 2
- External and Internal Rotation
- Standing forward punch
- Rows
- Bicep Curls
- PRE's for Periscapular Strengthening
- HEP

Weight Training:

Week 12

- Keep hands within eyesight
- Keep elbows bent
- Minimize overhead activities
(Very light weight for: Military press, pulldown behind head, or wide grip bench)

Return to activities:

Immediately

Computer, eating, holding a book, typing, writing

4 months

Golf, Tennis