

# Dr. Cory D. Smith | Orthopedic Surgery and Sports Medicine

Shoulder Reconstruction & Arthroplasty

Hip, Shoulder, Knee, and Elbow Arthroscopy

## Physical Therapy Protocol: HEMI-ARTHROPLASTY SHOULDER REPLACEMENT

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

### First 7 Days

- Wear sling in public and to sleep
- PROM

	Weeks 1-4	Weeks 4-6
FE	0-75	0-120
ER	0	0-15

- NO extension x 6 weeks
- AAROM (wand, self-stretch)
- Ice 3-4x daily

### 1-2 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 6th 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
- TheraBand – home strengthening

### >12 Weeks

- Weights 5-10 lbs