
Shoulder Hemiarthroplasty Physical Therapy Protocol

Phase I: Immediate Motion (Weeks 0 to 8)

Goals

- Allow early healing of capsule
- Increase passive range of motion
- Decrease shoulder pain
- Retard muscular atrophy and prevent rotator cuff inhibition

Brace

- Discontinue use after six to eight weeks (unless otherwise advised by Dr. Kendall)

Weeks 0 to 2

Range of Motion

• Week 1

- Flexion: 75 degrees
- External rotation: 0 degrees
- Internal rotation: 25 to 30 degrees

Exercises

- Elbow/wrist/hand exercises
 - Passive range of motion per guidelines above
 - Pendulum exercises
- Initiate pulleys for flexion at day seven
- Submaximal isometrics for shoulder musculature at day ten
- Cryotherapy and modalities for pain and inflammation every hour for 20 minutes

Weeks 3 to 8

Range of Motion

• Week 3

- Flexion: 90 to 110 degrees
- External rotation: 25 degrees
- Internal rotation: 55 to 60 degrees

• Week 6

- Flexion to tolerance
- External rotation: 60 to 70 degrees
- Abduction: 90 degrees

• Week 8

- Restore full range of motion

Exercises

- Continue passive range of motion per guidelines above
- Initiate active assisted range of motion exercises (wand exercises)
- Continue submaximal isometrics
- Initiate rhythmic stabilization drills
- Continue cryotherapy for pain management

Phase II: Active Motion (Weeks 9 to 14)

Criteria to Progress to Phase II

- Confirmation of tuberosity healing

Goals

- Improve dynamic stabilization and strength
- Improve range of motion
- Decrease pain and inflammation
- Increase functional activities

Weeks 9 to 14

- Gradually progress range of motion per the guidelines above
- Initiate active range of motion exercises
 - Supine flexion
 - Side lying external rotation/abduction
- Initiate strengthening exercises
 - External rotation/internal rotation tubing
 - Prone rows
 - Prone extensions
 - Biceps/triceps

Phase III: Return to Activity (Weeks 15 to 26)

Criteria to Progress to Phase III

- Passive range of motion of flexion to 160 degrees, external rotation to 75 degrees and internal rotation to 60 degrees
- Muscular strength of four to five or better

Goals

- Improve strength of shoulder musculature
- Neuromuscular control of shoulder complex
- Improve functional activities
- Teach independent home exercise program for strength maintenance

Weeks 15 to 26

Exercises

- Continue all stretching exercises
- Continue exercises as listed above
 - Full can raises
 - Lateral raises
 - Tubing exercises
- Fundamental exercises
- Endurance training
- Initiate interval sports program if appropriate at week 20