



## **Complex Shoulder Arthroplasty Rehabilitation Protocol**

### **Prescription**

- PT / OT 2 times per week x 24 weeks, starting post op week 6
- Ordering physician – Erick Marigi, MD (NPI: 1801393509)

**SLING TO BE WORN FULL TIME x 6 WEEKS AT ALL TIMES EXCEPT BATHING, DRESSING, AND THERAPY.**

### **Post op Week 0 – 6: Protective / Healing Phase**

- Emphasize pain and swelling control, Icing program, 3 to 5 times a day, 40 minutes each after exercises
- FULL Passive ROM / Active assisted ROM / Active ROM of the elbow / wrist / hand
- **NO ACTIVE USE OF THE OPERATIVE ARM OR THERAPY DIRECTLY TO THE SHOULDER DURING THIS TIME**
  - Shoulder arm hang exercises are okay but NO Pendulums

### **Post op Week 6 – 12: PHASE 1 Protocol**

- Emphasize pain and swelling control
- Wean out of the sling as comfort allows
- Therapist to introduce and teach the patient Pendulum / Codman exercises
- **PROM ONLY of shoulder with forward flexion up to 90° with neutral rotation and ER to 0°, as tolerated.**
  - NO SHOULDER IR, ADDUCTION OR CROSS BODY MOVEMENT
- FULL active ROM of the elbow / wrist / hand
- Teach Home Exercise Program –2 times per day

### **Post op Week 12 – 18: Phase 2 protocol**

- Gradually wean out of the sling as comfort allows
- **No driving until patient has normal use of the arm.**
- Active assisted ROM of shoulder (Forward Elevation, ER) without limits.
- Shoulder blade protraction (punches)
- Active Forward elevation / Abduction / ER with the elbow at the side (NO RESISTANCE)
- Biceps curls (2 lb limit)
- Teach Home Exercise Program –2 times per day

### **Week 18+: Phase 3 protocol**

- Once full PROM and AAROM is reached → Progress to full AROM in all planes (FE, ER, IR)
- Wall push-ups for scapular control
- Isotonic strengthening (Internal rotation, External Rotation)
- Active ROM in forward elevation in the scapular plane with a 1 lb weight
- Advance strengthening – Once safe and painless 2 lb. lifts → 5 lbs. → 10 lbs. max lifting restriction
- Teach Home Exercise Program – 3 - 5 times per day

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process. Each patient's progress may vary based on specifics to their injury and procedure.