

James F. Stenson, DO
Orthopaedic Shoulder and Elbow Surgery
Einstein Medical Center Montgomery

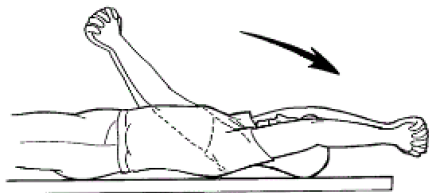
Total Shoulder Arthroplasty, Hemiarthroplasty, and Ream-and-Run Protocol

General Guidelines:

- Remain active and get regular exercise being mindful of your precautions
- Maintain subscapularis precautions
 - No putting elbow or hand behind back
 - No using arm to pushup from seated position (for example, getting up from bed or out of a car, or closing a car door)
 - Do no bring your arm past neutral for external rotation
 - Do not use arm for any activities involving rotation toward or away from the body
- For the first 6 weeks, do not lift anything heavier than a cup of coffee
- Attempt to hold each exercise, 30 seconds at time for 5 repetitions, 5 times per day
- Continue hand and elbow range of motion to minimize swelling and maintain range of motion to the rest of the upper extremity

Phase I: Protect subscapularis and maintain forward elevation (0-6 weeks)

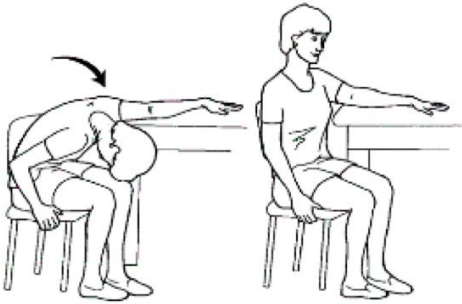
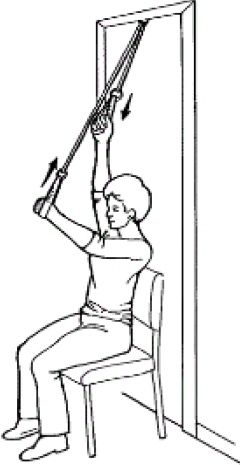
- Continue to wear the sling for comfort. May discontinue use at approximately 2 weeks around the home. Continue to wear sling in a crowd and outside the house to remind others to be careful.
- Continue subscapularis and external rotation precautions



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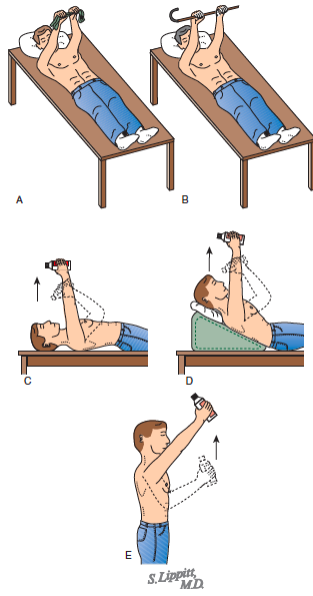
Forward Elevation Supine

- Lie on back as shown, but instead of clasping hands together as in the drawing, grab your left wrist with your right hand.
- Raise both hands overhead, so that you feel a stretch

	<p><u>Table Slide Forward Lean</u></p> <ul style="list-style-type: none"> ○ Sit in a chair with arm on table ○ Bend forward in the chair, sliding the arm forward on the table, so that you feel a stretch ○ Raise both hands overhead, so that you feel a stretch ○
 <p><small>©The Saunders Group Inc.</small></p>	<p><u>Over the door pulley</u></p> <ul style="list-style-type: none"> ○ Sit in a chair with pulley assembled as shown ○ Raise the arm overhead pulling down on the pulley with the other hand for assistance, so that you feel a stretch

Phase II: Gradually increase strengthening and range of motion (6-12 weeks)

- Begin with progressive supine press exercises (below)
- May introduce gradual, passive, and gentle range of motion to shoulder, including internal rotation
- No weight or band training
- Continue hand and elbow range of motion



Progressive Supine Press

- Start with no weights, when patient can perform 20 reps with a washcloth at close grip, can advance to wide grip. Next level is independent (no washcloth assist), then with an incline (45 degrees, then vertical). Finally, may use a 11b weight. Each time patient must be able to complete a full set of 20 reps.

Phase III: Gradually increase strengthening and range of motion (>12 weeks)

- Continue previous exercises
- May begin light strengthening of rotator cuff muscles approximately 3 months after surgery
- May begin light weight training, running, swimming, and bike riding as tolerated.