

Hemi-Arthroplasty with Fracture Protocol

- A. Phase I (0-6 weeks)
 - 1. Abduction sling
 - 2. Frequent cryotherapy
 - 3. Exercise
 - a. PROM for shoulder within "safe zone" defined by surgeon
 - b. If no "safe zone" is defined, restrict ROM:
 - 1) ER (0) 20°
 - 2) Abd 60°
 - 3) Flex 90°
- B. Phase II (6-12 weeks) – Begin when cleared by physician
 - 1. Continue cryotherapy as needed
 - 2. Wean from sling
 - 3. Exercise
 - a. PROM now to tolerance in all planes
 - b. AAROM
 - c. Transition to AROM as quality allows and after 8 weeks post-op
- C. Phase III (12 weeks)
 - 1. Continue PROM and A-AAROM as needed
 - 2. May transition to PRE for entire shoulder and scapulo-thoracic complex
- D. Phase IV (16 weeks)
 - 1. Return to all activities as cleared by physician
 - 2. Swimming
 - 3. Appropriate interval programs, i.e. tennis and golf