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## Rehabilitation Protocol Shoulder Arthroplasty after Fracture

### **Phase 1: Protect the tuberosity repair** (0 to 6 weeks)

- May remove dressing and shower postop day #5.
- Sling should be worn at night and when out of the house. May remove sling during the day.
- Do no lift anything great the 2-3 lbs with the involved hand.
- Avoid all active or active assistive motions.
- Avoid IR behind the back or extension.
- Initiate exercise program 3 times per day immediately:
  - Immediate elbow, forearm and hand AROM
  - Pendulums
  - PROM into flexion to 130, ER to 30
  - Emphasize home program, instruct family member

### **Phase II:** (6 weeks-10 weeks)

- Discontinue sling at all times.
- Lifting restriction of 5 pounds.
- Scapular stabilizer strengthening.
- Avoid pure active and resisted training.
- Advance AAROM and PROM.
  - Flexion and scapular plane elevation to tolerance
  - ER to 45 degrees
  - Extension ROM to 30

### **Phase III:** (>10 weeks)

- Discontinue lifting restriction.
- Advance shoulder PROM.
- May initiate rotator cuff strengthening
- Continue scapular stabilizer strengthening
- Incorporate low level functional activities at 3 months (swimming, water aerobics, light tennis, etc).

## **Return to Activities**

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Swimming	3 months
Golf	3 months
Tennis	3 months (no overhead serving)