

CAPE COD SPORTS MEDICINE INC.

ORTHOPEDIC SURGEON

DONALD E. O'MALLEY, M.D.
LISA A. MAYHEW, PA-C
KAREN A. TRAIT, PA-C

PO BOX 765
360 GIFFORD STREET
FALMOUTH, MA 02541
OFFICE: (508) 540-0200
FAX: (508) 540-0201

REHAB: SHOULDER ARTHROPLASTY

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PRE-OP EVAL:

- Document ROM
- Discuss Post-op Protocol
- Set up appointment to be seen on POD#4
- Daily P.T. first 2 weeks post-op, then 2-3 times/week for 4 weeks
- Go over home exercises to be done by patient



POST-OP: Cryotherm unit and sling to shoulder, change ice every 2 hours.

Encourage wrist, elbow & finger ROM.

Passive range of motion started almost immediately.

Elevation to 60°

External Rotation limited to 25°

Internal Rotation

Cross body adduction

External rotator isometrics

Grip strengthening

Anterior, middle and posterior deltoid isometrics

EXPECT 5 EXERCISE SESSION FOR 10 MINUTES THROUGHOUT DAY DONE BY PATIENT.

WEEK 1-2 PROM-AAROM PHASE

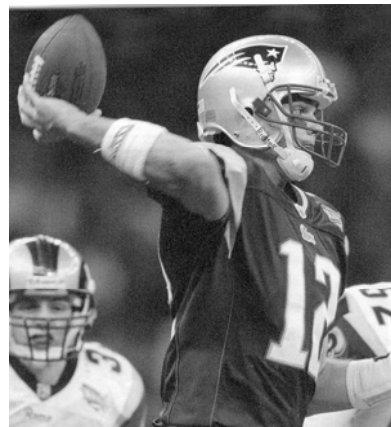
- P.T.: Supine Elevation to 140°
Forward lean
Supine External Rotation to 40°
Functional Internal Rotation & Adduction.
Swelling control

WEEK 3-4 STRENGTHENING PHASE

- P.T. Isometric-isotonics to deltoid & external rotators
Strain-counterstrain
Scapular stabilization

WEEK 5-6 ADL PHASE

- P.T. Functional adduction to wash & comb hair
External Rotation...door opening
Large ball & net, chest pass, underarm pass
Swinging golfclub



E-Mail: domalley@ccsportsmed.com

Websites: <http://www.physiciansofcapecod.com/CCSM>
or: <http://www.ccsportsmed.com>