

## CAPE COD SPORTS MEDICINE INC.

**ORTHOPEDIC SURGEON**

**DONALD E. O'MALLEY, M.D.**

**KAREN A. TRAIT, PA-C**

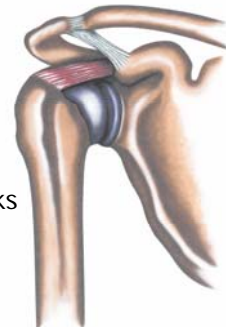
**PO BOX 765  
360 GIFFORD STREET  
FALMOUTH, MA 02541  
OFFICE: (508) 540-0200  
FAX: (508) 540-0201**

### **REHAB: SHOULDER ARTHROPLASTY**

**UPDATED: FEB 2004**

#### **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**

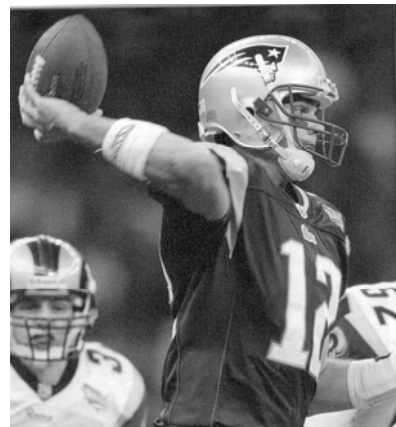
- P.T.:
- Supine Elevation to 140°
  - Forward lean
  - Supine External Rotation to 40°
  - Functional Internal Rotation & Adduction.
  - Swelling control

#### **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



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**E-Mail:** [domalley@ccsportsmed.com](mailto:domalley@ccsportsmed.com)

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