

Name: _____ Date of Birth: _____

Diagnosis: Shoulder Osteoarthritis Code: M19.019

Procedure: Ream and Run Hemiarthroplasty Surgery Date: _____

In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.

Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.

Phase I: Protect Subscapularis Repair (0 to 6 weeks after surgery)

- May shower immediately over clear plastic waterproof dressing
- Sutures are all underneath the skin and will dissolve
- Sling should be worn at night and when out of the house. OK to remove during the day
- Do not lift anything greater than 3 lbs
- Ice or cold flow systems encouraged for the first week at a minimum: Use 3-4 times a day
- Initiate exercise program 3-5 times per day immediately:
 - Immediate elbow, wrist, and hand ROM out of sling
 - Pendulum exercises
 - Passive and active assistive ER at the side to 45 degrees.
 - Pulleys/AAROM scapular plane elevation to 145 degrees
 - Emphasize home program
- Protect the subscapularis osteotomy
 - Limit ER to 45 degrees
 - No resisted IR
 - Avoid extension of shoulder avoid reaching behind the back

Phase II: Progress ROM and Protect Repair (6 to 10 weeks after surgery)

- Discontinue sling at all times
- Lifting restriction of 10 lbs with the surgical arm
- Advance active and passive ROM as tolerated
 - ER limit of 45 degrees until 10 weeks
 - Advance forward elevation as tolerated
- Scapular stabilizer strengthening
- Strengthen rotator cuff and shoulder musculature (isometrics, theraband, dumbbell, etc.). AVOID resisted IR or extension until 10 weeks

Phase III: Strengthening (>10 weeks after surgery)

- Advance shoulder ER range of motion as tolerated (light stretching only)
- May initiate subscapularis strengthening (resisted IR and extension)
- Advance shoulder and rotator cuff strengthening as tolerated
- Incorporated low level functional activities at 3 months (swimming, water aerobics, light tennis, jogging)
- Start higher level activities at 4 months (tennis, light weight training, and golf)
- Initiate functional progression to sports specific activities at 4 months

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature _____