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## SHOULDER HEMIARTHROPLASTY (DELTOPECTORAL INTERVAL)

### Phase 1:

#### Goals...

- Decrease Pain and Inflammation
- Protect the surgical repair
- Gradually regain passive range of motion (PROM)

#### Week 0-3

- Immobilizer worn
- The patient is taught gentle PROM exercise for home
  - Wrist ROM Exercises:
    - ◇ PROM, AAROM, AROM
    - ◇ Grip strength exercises
    - ◇ Low weight wrist flexion and extension exercises
  - Elbow ROM exercises:
    - ◇ Initial elbow AROM performed in supine with fingertips in contact with body with upper extremity abducted.
  - Shoulder ROM Exercises (PROM)
    - ◇ External Rotation to 20 (elevation 30-45 anterior to coronal plane)
    - ◇ Scaption to 120. Place a small pillow under distal humerus
  - Exercises performed 2-3 times per day at 10-15 repetitions each session.

### Phase 2:

#### Goals...

- Immobilizer is discontinued, sling is continued except during exercise and showering
- Progress adequate neuromuscular control for AAROM

#### Weeks 4-6

- Continue elbow, wrist, and grip strength exercises
  - Progress to resistive exercises
- Shoulder AAROM Exercises: pulley/wand
  - Pendulum Exercises Continue
    - ◇ Diagonal Patterns with following limitations:
  - AAROM Limitations as follows:
    - ◇ Scaption: 135
    - ◇ External Rotation: 35

- PROM:
  - ◇ Closed kinetic chain: Weight shifting on elbows, short sitting
  - ◇ Gentle isometric Internal and external rotation, flexion extension and depression.

### **Phase 3:**

#### Goals...

- Develop strength in rotator cuff and scapular stabilizers.
- Improve Shoulder kinematics for functional activities.

#### Weeks 7-9

- Elbow AROM
  - Begin resisted biceps and triceps exercises
- Shoulder AROM Exercises
  - Begin AROM exercises:
- D1 and D2 flexion/extension patterns
- Serratus lifts, horizontal abduction, and side-lying external rotation
  - AAROM Limitations:
- External Rotation: 45
- Forward flexion/Scaption: increased to tolerance
  - Closed Kinetic Chain:
- Progress with limited weight bearing

### **Phase 4:**

#### Goals...

- Progress AROM of shoulder and initiate resistance exercises
- Begin return to functional activities

#### Weeks 9-12

- Shoulder ROM Exercises:
  - Progress PROM to regain full ROM
  - Progress AROM exercises.
- Initiate strengthening with therabands in small arcs of motion.
- Institute light isotonic cuff and cuff recruitment scapular stabilizer strengthening exercises.
  - Limitations to AROM:
- Full external rotation: 55
- Extension: 30