

### **Shoulder ORIF/Hemiarthroplasty Protocol**

- Ultra-sling for weeks 0-4
- Regular sling for weeks 4-8

#### **Phase 0 – Quiet (Weeks 0 to 4):**

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

#### **Phase I – Passive (Weeks 5 to 8):** Pendulums to warm-up

- Supine External Rotation  $-0^{\circ}$ - $30^{\circ}$  beginning at 5 weeks with progression to full PROM by 8 weeks
- Supine Forward Elevation  $-0^{\circ}$ - $90^{\circ}$  beginning at 5 weeks with progression to full PROM by 8
- Progress to upright as tolerated with ER and FE

#### **Phase II – Active (Weeks 9 to 12):** Pendulums to warm-up.

- Active Range of Motion with terminal stretch
- Supine External Rotation – after 8 weeks progress GRADUALLY to full
- Supine Forward Elevation – after 8 weeks; progress GRADUALLY to full
- Begin active biceps o Internal Rotation-Full (begin behind the back)
- Begin AROM in supine and progress to upright

#### **Phase III – Resisted (Week 13):** Pendulums to warm up and continue with phase 2.

- External and Internal Rotation
- Standing forward punch
- Seated rows Shoulder shrugs and Biceps curls

#### **Initiation of Interval Sport Programs:**

- Golf: 5-6 months
- Tennis: 7-8 months
- Ski: 7-8 months