



Hemi/Total Shoulder Arthroplasty Rehabilitation: CPM

Phase 1

Sling

- 1) Sling use for comfort
- 2) May be out of sling during non "at risk" activities
- 3) Discontinue as tolerated after week 6

Weeks 0- 6

- 1) Begin Continuous Passive Motion (CPM) Machine in all planes
 - a) Begin with 5-10 min warm-up 5 degrees below prior days progress
 - b) Advance to prior days progress for 15-30 minutes
 - c) Gradually increase 1-2 degrees as tolerated every 20-30 minutes
 - d) Increase 5-10 degrees/day until **External Rotation is to 60 degrees** (20 degrees from neutral), and forward elevation has surpassed 140 degrees
 - e) Use the CPM daily for a total of 4-6 hours/day
- 2) Hand, wrist and forearm active motion
- 3) Active scapular motion (shrugs, retraction, depression)
- 4) NO ACTIVE BICEPS

Phase 2

Weeks 7- 9

- 1) Advance to full active motion (all planes)
 - a) Independent HEP program: daily stretching
- 2) Scapular stability
- 3) Add upper body ergometer with no resistance

Weeks 10 -12

- 1) Continue motion as needed
- 2) Begin resistance with activities below shoulder level
- 3) Maintain proper scapulohumeral rhythm
- 4) Emphasize continued independent home stretching

Phase 3

Week 13+

- 1) Return to regular activity
- 2) Progress resistance with activities above shoulder level
- 3) Maintenance Program
 - Daily Stretching (all planes)
 - Strengthening 2-3 times / week

Please check our website for updates: <http://www.rcmclinic.com>

