



Ammar Anbari, MD
Shoulder, Hip and Knee Arthroscopy
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Shoulder Hemiarthroplasty Prescription

Name _____

Date _____

Diagnosis _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 1-6:

- PROM → AAROM → AROM as tolerated, except ...
- No active IR or backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grow back into the humerus and regenerate a blood and nerve supply.
- ROM goals – Week 0-2: 90° FF/20° ER at side; ABD max 75° without rotation
- ROM goals – Week 2-4: 120° FF/40° ER at side; ABD max 75° without rotation
- ROM goals – Week 4-8: 140° FF/40° ER at side; ABD max 90° with rotation
- No resisted internal rotation/backward extension until 12 weeks post-op
- Grip strengthening OK
- Canes/pulleys OK if advancing from PROM
- Heat before PT, ice after PT

_____ Weeks 6-12:

- Begin AAROM → AROM for internal rotation/backward extension as tolerated, if not already begun.
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only
- No resisted internal rotation/backward extension until 12 weeks post-op
- No scapular retractions with bands yet

_____ Months 3-12:

- Begin resisted IR/BE (isometrics/bands): isometrics → light bands → weights
- Advance strengthening as tolerated; 10-15 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

X Modalities

X Electric Stimulation

X Ultrasound

Signature: _____

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