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## **Hemi/Total Shoulder Arthroplasty Rehabilitation: CPM**

### **Phase 1**

#### **Sling**

- 1) Full time sling use for first 6 weeks while awake
- 2) May be out of sling for hygiene and range of motion exercises
- 3) Discontinue as tolerated after week 6

#### **Weeks 0- 6**

- 1) Begin Continuous Passive Motion (CPM) Machine in both 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) **External Rotation (ROT) - begin at 20 degrees and increase 5 degrees/week to a maximum of 50 degrees at 6 weeks.**
  - e) Elevation (ELE) – begin at 60 degrees and increase 10-15 degree/week to a maximum of 140 degrees at 6 weeks.
  - f) 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 RESISTANCE INCLUDING BICEPS**

### **Phase 2**

#### **Weeks 7- 12**

- 1) Advance to full active motion (all planes)
  - a) Independent HEP program: daily stretching
- 2) Scapular stability
- 3) Maintain proper scapulohumeral rhythm
- 4) Begin resistance with activities below shoulder level
- 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

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