Rehabilitation Protocol
Ream and Run Hemiarthroplasty

**Phase I: Protect the Subscapularis** *(0 to 6 weeks)*

- Patients may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Sling should be worn at night and when out of house. May remove the sling during the day.
- Do not lift anything greater than 2 to 3 lbs with the involved hand
- Initiate exercise program 3-5 times per day immediately:
  - Immediate elbow, forearm and hand AROM
  - Pendulums
  - AAROM - pulleys into scapular plane elevation to 145, ER to 45
  - Supine AAROM into flexion and ER with above limits
  - Emphasize home program
- Protect the Subscapularis osteotomy
  - Limit ER to 30
  - No resisted IR
  - Avoid extension of shoulder
  - Avoid reaching behind the back

**Phase II: (6 weeks -10 weeks)**

- Discontinue sling at all times
- Discontinue CPM if in use
- Lifting restriction of 10 pounds remains
- Advance AROM and PROM as tolerated
  - Maintain ER limit of 30 until 10 weeks.
  - Advance elevation as tolerated
- Scapular stabilizer strengthening.
- Strengthen rotator cuff and shoulder musculature (Isometrics, Theraband, dumbbell, etc). AVOID RESISTED IR OR EXTENSION UNTIL 10 WEEKS.

**Phase III: (>10 weeks)**

- Advance shoulder ER range of motion as tolerated (Light stretching only).
- May initiate subscapularis strengthening (resisted IR and extension).
- Advance shoulder and rotator cuff strengthening as tolerated.
- Incorporate low level functional activities at 3 months (swimming, water aerobics, light tennis, jogging)
- Start higher level activities at 4 months (tennis, light weight training, and golf).
- Initiate functional progression to sports specific activities at 4 months.