

Dr. Curtis Noel's Protocol for:

- **TOTAL SHOULDER ARTHROPLASTY**
- **HEMIARTHROPLASTY**



Sling Use:

Sling for 4 weeks: **PROTECT THE SUBSCAPULARIS!**
OK to remove to: shower, change clothes, do physical therapy or eat

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| Phase I: (Passive) | Week 1-4 | <ul style="list-style-type: none"> • Pendulums to warm-up • Passive Range of Motion • Supine External Rotation – 30 degrees or per Dr.'s orders • Supine Forward Elevation –130 degrees or per Dr.'s orders • Internal Rotation to belt line starting at week 3 |
| Phase II: (Active/Assistive) | Week 5 & 6 | <ul style="list-style-type: none"> • Pendulums to warm-up • Active Assistive Range of Motion with Passive Stretch to FULL ROM • ***Push to FULL ROM with hold and relax technique • Scapular mobilization • Supine-Seated External Rotation – Gradually increase to full • Supine-Seated Forward Elevation – Full • Internal Rotation – Gradually increase to full |
| Phase III: (Resisted) | Week 7 | <ul style="list-style-type: none"> • Pendulums to warm up and continue with phase 2 • External and Internal Rotation • Standing forward punch • Rows • Bicep Curls • PRE's for Periscapular Strengthening • HEP |
| Weight Training: | Week 12 | <ul style="list-style-type: none"> • Keep hands within eyesight • Keep elbows bent • Minimize overhead activities (Very light weight for: Military press, pulldown behind head, or wide grip bench) |
| Return to activities: | Immediately | Computer, eating, holding a book, typing, writing |
| | 4 months | Golf, Tennis |