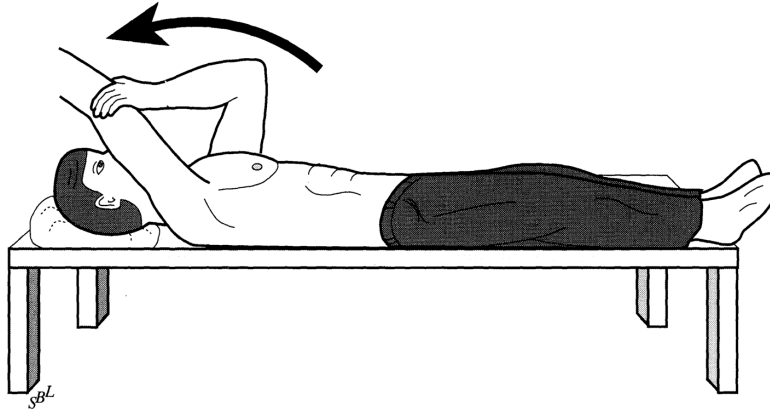


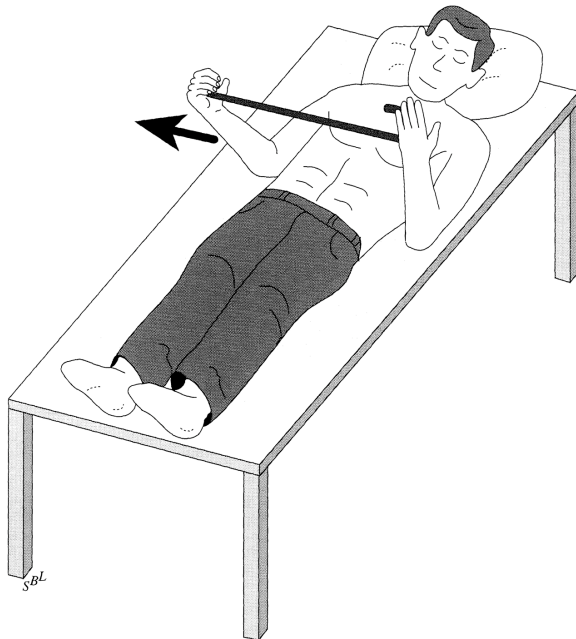
## TOTAL SHOULDER/HEMIARTHROPLASTY: 140/40 ACTIVE ASSIST PROGRAM

**PHASE 1 (0 WKS TO 6WKS):** Hold each stretch for 10 seconds, perform 3 sets of 10 repetitions, 3 times each day. No strengthening, No lifting > 1 lb.

**GOAL: 140 degrees forward elevation and 40 degrees external rotation at the side**



Using the opposite arm for assistance, work to elevate your arm to 140 degrees.

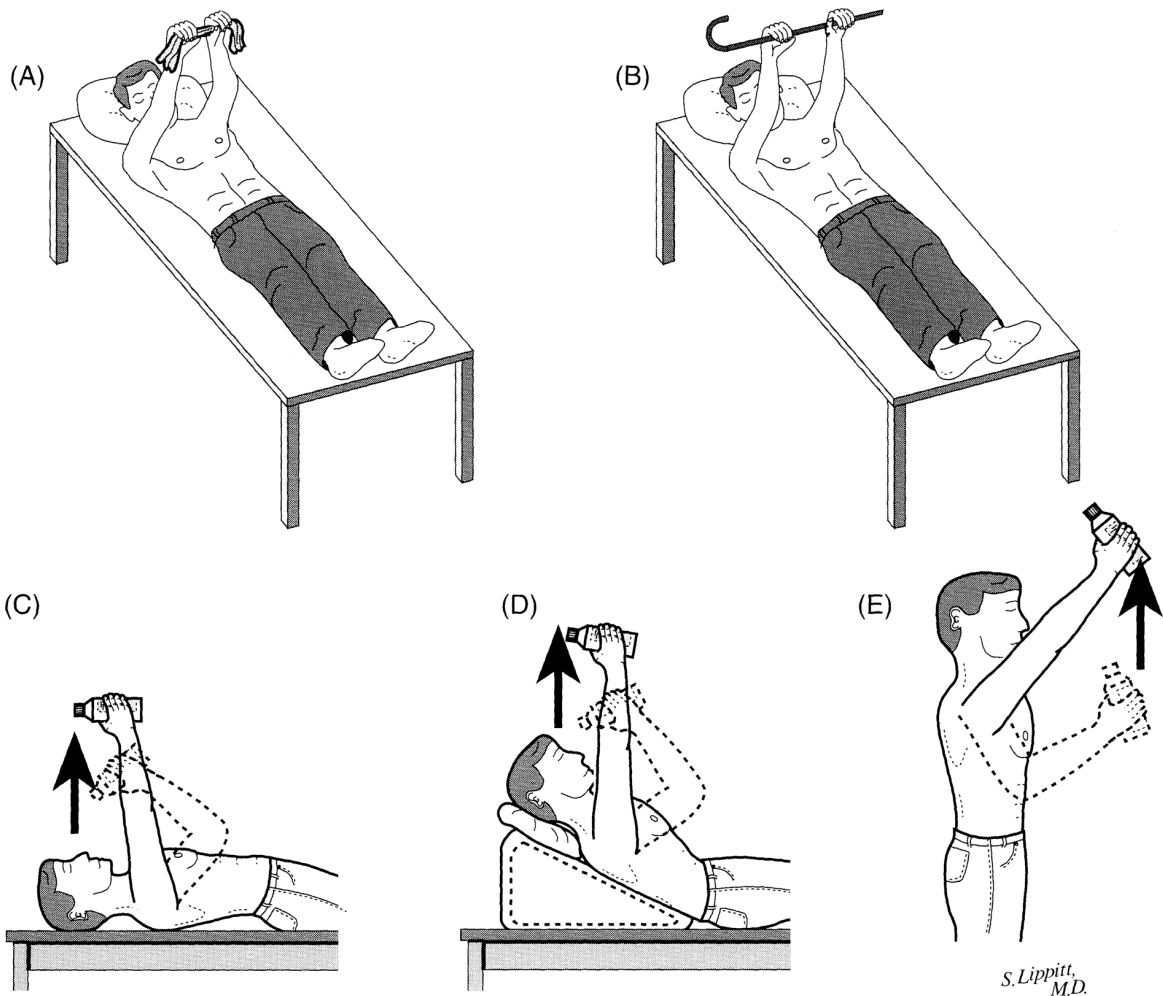


Using the opposite arm for assistance with an object such as a cane, broom handle or yard stick, work to externally rotate your arm at the side to 40 degrees.

## TOTAL SHOULDER/HEMIARTHROPLASTY: 140/40 ACTIVE ASSIST PROGRAM

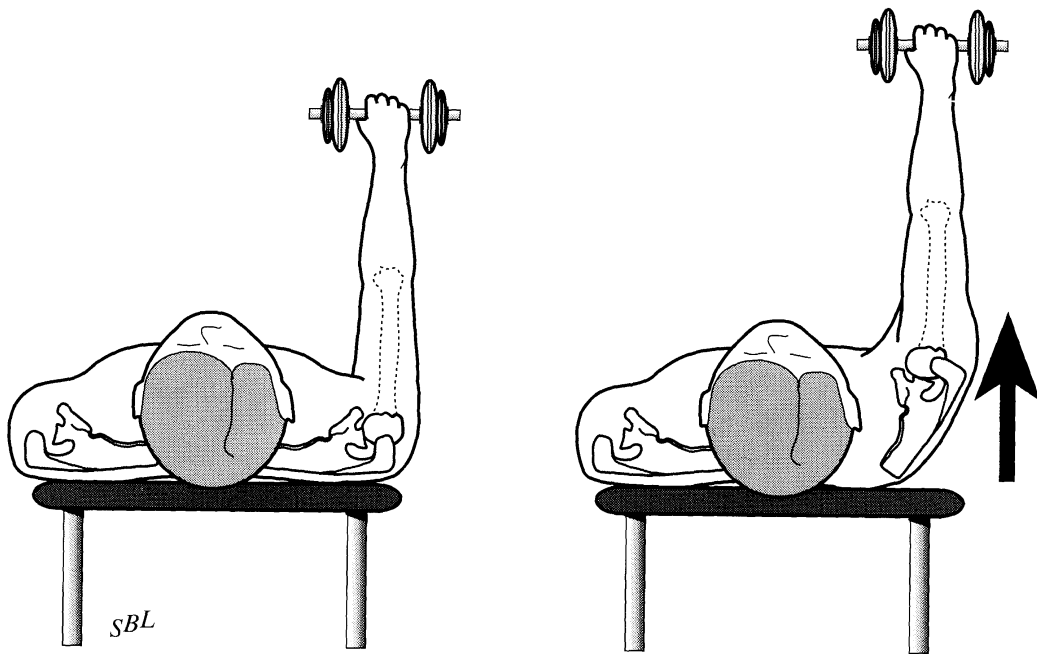
**PHASE 2 (6 WKS TO 12 WKS):** At 6 weeks progressive stretching is begun to achieve full motion and encouraged as long as it is comfortable. Progressive supine bench is begun to regain forward elevation strength. No internal rotation against resistance is allowed to permit subscapularis healing.

**GOAL: Full pain free motion of the operated shoulder and ability to raise arm against gravity while standing fully upright.**



**Progressive supine bench:** Key for regaining forward elevation function after the operation. In the first phase, the patient lies supine with the hands close together on a towel or light stick. Both hands are pressed up toward the ceiling, finishing by protraction of the scapula off the table as shown below. In phase two, the hands are

progressively separated, allowing them to act more independently. In phase three, one hand presses alone. In phase four, weight is added to the hand in small increments until the weight totals 2 pounds. In phase five, the back of the table or chair or recliner, is progressively raised until the patient is in the sitting position. Each phase is continued until 20 repetitions can be performed easily before the patient advances to the next phase



PROTRACTION OF THE SCAPULA AT END OF EACH REPETITION