

**Shoulder Hemiarthroplasty**  
**Right M19.011 Left M19.012**

**Day 0-3:**

- Prior to leaving the operating room a shoulder immobilizer sling will be applied to your shoulder.
- Control swelling. Following discharge from surgery you should go home and rest, elevate your extremity and use ice to bring down swelling for 20 minutes once per hour.
- Control pain. You will be sent home with a prescription for pain medications. You should take this for baseline pain and add Motrin or Tylenol for severe pain.

We can increase the pain medication if you are uncomfortable. Feel free to call the office at **650-723-5256**, or call the surgery scheduler. If it is after hours there is always someone available to reach at **650-723-4000** and ask for Clinical Advice Services.

**Weeks 0-4:**

- The sling should be worn always. Must wear sling to sleep at night
- No active range of motion or active use of the arm is allowed.
- No isometrics, pulleys or wands yet.
- Start supine active-assisted range of motion and table slides.
- Passive and active assisted range of motion only, with restriction:
  - external rotation to 30°
  - forward elevation of 130 degrees
- Pendulum exercises 2-3 times daily.
- Active range of motion of elbow, wrist and hand okay 2-3 times daily.

**Weeks 4-6**

- Start weaning out of sling. Use the arm for gentle activities such as wrist lifting a glass of water or telephone.
- Start passive range of motion
- Must wear sling to sleep at night
- Start Isometrics, pulleys and wands.
- No strengthening yet.
- No active range of motion of the shoulder yet.

**Weeks 6-12**

- Discontinue sling.
- No strengthening yet.
- Start active range of motion of the shoulder.
- May use the arm for activities such as dressing, grooming, and eating.

**Weeks 12+:**

- Can continue all activities as tolerated.
- Start therapy and strengthening.

***You have a prosthetic component which is susceptible to mechanical loosening or dislocation. You should not engage in heavy manual labor for the lifetime of your prosthesis including, lifting more than 12 pounds overhead.***