

Shoulder Fracture Fixation / Hemiarthroplasty

Day 1 to Week 3:

Polysling with body belt fitted in theatre for 3 weeks

Finger, wrist and elbow movements

Posture correction / scapula setting

Passive flexion to 90 degrees & passive external rotation to neutral

Week 4 – 6:

Remove body belt

Full passive movement

Week 7 – 8:

Wean off sling

Active flexion to 90 degrees

Active abduction in the scapular plane to 60 degrees

Correct abnormal movement patterns

Start isometric rotator cuff strengthening

Week 9 – 12:

Progress dynamic scapular control exercises

Progress active exercise through full ROM

Progress rotator cuff and deltoid strengthening

Ensure scapula dynamic control through full ROM

Any acute loss of active movement should be referred to the next shoulder clinic

Return to functional activities

Driving	After 12 weeks
Swimming	Breaststroke: 12 weeks
Golf	3 Months
Lifting	Light lifting can begin at 12 weeks. Avoid lifting heavy items for 6 months.
Return to work	Sedentary job: 6 weeks Manual job: When fracture has healed

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www.bhamknee-shoulder.co.uk