### Copeland Shoulder – Resurfacing Arthroplasty: Rehabilitation Protocol

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**Procedure:** This procedure is a surface joint replacement for arthritis of shoulder joint. In this procedure only the arthritic surface of the head of humerus/arm bone is replaced by a metal cap. The advantage of this procedure is that there is very minimum amount of bone removed and normal anatomy is maintained. This enables early return to function.

**Protocol:**

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<th>Post op:</th>
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| **Inpatient Stay 0-2 Days** | **Return from theatre with sling and belt insitu. Apply ice to shoulder**  
**Elbow, wrist & hand exercises**  
**Pendular exercises**  
**Teach postural awareness & scapular setting**  
**Book out patient appointment, to be reviewed at 2/52. Attach copy of op note to Physio referral if available. Ensure the patient has the advice booklet before discharge** |
| **2-6 weeks** | **Remove sling as comfortable**  
**Isometric exercises (except Internal rotation initially, add in at 4/52 if pain free)**  
**External rotation to neutral only for 6 weeks**  
**Begin active assisted ROM ex’s in supine. Progress to sitting as able. Progress to active as tolerated.**  
**Gentle assisted stretching to increase range**  
**Progress to isotonic strengthening**  
**Proprioceptive exercises, weight & non weight bearing**  
**Consider hydrotherapy if not progressing well** |
| **6 weeks** | **Progress strengthening**  
**Continue to regularly stretch the joint to end of available ROM** |
Return to functional activities

These are approximate and may differ depending upon how rehabilitation is progressing, however these are recommendations as to how early these activities may commence

| Return to work         | Sedentary job: as tolerated  
|                       | Manual job: may need to modify  
|                       | activities for 6 months  
| Driving                | After 4 weeks if able  
| Lifting                | As able, avoid heavy lifting for 6 months  
| Swimming               | Breaststroke: 6 weeks  
|                       | Freestyle: 12 weeks  

Also follow these guidelines for total shoulder replacements unless the patient has had a delta reverse shoulder or otherwise stated in the post operative notes.