



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:

	Post op:
Inpatient Stay 0-2 Days	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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.