
Objectives and Program Schedule

MedBridge

Shoulder Arthroplasty: Return to Function

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Course Objectives:

Upon completion of this course, learners will be able to:

- Describe the history of shoulder arthroplasty
- Describe the surgical procedure of shoulder arthroplasty
- Compare and contrast standard hemiarthroplasty and complete arthroplasty procedures
- Identify the rehabilitation phases and range of motion expectations
- Understand how to implement manual techniques and therapeutic exercises to promote range of motion
- Describe the return to function and activity expectations postoperatively
- Describe the reverse total shoulder arthroplasty procedure
- Identify the phases of rehabilitation following a reverse total shoulder arthroplasty

Chapter 1: Introduction

In this chapter, Dr. O'Halloran provides an overview of the history of shoulder arthroplasty and introduces two different surgical techniques. The chapter also includes common medical management practices of arthritis and rotator cuff tears and four key postoperative rehabilitation objectives.

Chapter 2: Rehabilitating the Shoulder

Join Dr. O'Halloran as he identifies the four rehabilitation phases and range of motion expectations following shoulder arthroplasty. Learn different manual techniques and therapeutic exercises for the four main shoulder muscles to promote increased range of motion.

Chapter 3: Postoperative Exercises and Expectations

Several patient videos are presented to demonstrate postoperative rehabilitation exercises. Dr. O'Halloran also describes the return to function phases and activity expectations for patients postoperatively.

Chapter 4: Reverse Total Shoulder Arthroplasty

Dr. O'Halloran describes the indications and surgical techniques of a reverse total arthroplasty procedure. This chapter identifies the two different phases of rehabilitation and provides a timeline for range of motion expectations.