Dr. Rubin’s Shoulder CPM Protocol

Shoulder Elevation
• Shoulder CPM will be set up for elevation in the scapular plane
• Starting ROM should be 60 degrees but can be up to 120 depending on postoperative findings.
• The goal is to increase the ROM by 5 degrees twice a day or as much as tolerated

Shoulder External/Internal Rotation
• Shoulder CPM can be set to do external/internal rotation
• Machine will need to be stopped in elevation stage between 45-60 degrees and the motor turned off
• The motor controlling external/internal rotation will be activated for a ROM of 60 degrees of external rotation and 30 degrees of internal rotation. Increase as much as tolerated daily

Recommended Hours of Use Per Day
• It is recommended to try to use the CPM 6 hours a day
• Optimally, 2 hours, 3 times per day
• Ideally, the hours should be split up into 4 hours of Elevation and 2 hours of External/Internal rotation
• It is recommended that each morning when first using the CPM that you decrease the ROM settings on the machine for a few minutes as a warm up to get your shoulder joint loosened up and moving again

If Utilizing Cold Therapy
• If using a Cold Therapy Unit, try to use as much as possible the first couple of days
• If you are comfortable using the CPM with the cold pad in place and it does not limit your range of motion, you can leave it on during your CPM treatment

If you have any questions, you may call Jamie Bulf at 619-843-1632