

SHOULDER CPM PROTOCOL

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Shoulder Elevation

- Shoulder Continuous Passive Motion Machine (CPM) will be set up for elevation in the scapular plane
- Starting range of motion (ROM) should be 60° but can go up to 120° depending on postoperative findings and patient comfort
- The goal is to increase the ROM by 5° or more twice a day as much as tolerated

Shoulder External/Internal Rotation

- Shoulder CPM can be set up for external and internal rotation
- Machine will need to be stopped in elevation between 45-60° and the motor turned off
- Next the motor controlling external/internal rotation will be activated for a ROM to 60° of external rotation and 30° of internal rotation. Increase as much as tolerated daily

CPM Recommended Hours of Use Per Day

- Try to use the CPM 6 hours a day
- Optimally 2 hours at a time, 3 times a day
- Ideally, the hours should be split into 4 hours of elevation and 2 hours of external/internal rotation
- Each morning when you use the CPM start with the ROM settings a little lower for a few minutes to warm up the joint and help you get your shoulder moving again then increase as tolerated

Cold Therapy

- Try to use the cold therapy unit as much as possible the first few days
- The cold unit can be used continuously since it is temperature controlled at a temperature setting between 1 & 2 on the unit
- After the first week the setting on the cold unit can be increased to between 2 & 3 while using the unit for shorter sessions (20 minutes 2-3 times a day) to control pain and swelling
- Once the dressings are removed make sure there is something between your skin and the cold unit such as a washcloth or tshirt
- If you are comfortable using the CPM with the cold unit in place and it does not limit your range of motion, you can leave it on during your CPM treatment

If you have additional questions you may call Jamie Bulf at Team Makena (619) 843-1632