

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 post operative 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