

## Anatomic/Reverse Shoulder Arthroplasty and ORIF Proximal Humerus Fracture Protocol

The design of the PMI 20-90 shoulder therapy system assures neutral positioning of the shoulder post-operatively with slight, protective abduction. We place the PMI 20-90 on the patient's operative shoulder in the operating room in the deflated, lowered 20 degrees abducted position. Once the patient is alert in the recovery room, we begin utilizing the continuous passive motion (CPM) function of the PMI 20-90. Motion is initiated at the lower 20-45 degree arc of motion. We believe this small amount of motion while the patient is still comfortable from their anesthetic block is safe and encourages the patient about the success of their surgery and recovery process. Once the anesthetic block has resolved, motion can slowly be increased as directed by the surgeon and tolerated by the patient.

At discharge the patient and the patient family are given post-operative instructions on utilizing the PMI 20-90. Once the patient is home, they may begin to wean from the PMI 20-90 as tolerated and begin activities of daily living per comfort and surgeon instructions. We do encourage the patient to use the CPM function of the PMI 20-90 four to seven times per day. The degrees of abduction can be slowly increased until the maximal 20-90 degree arc of motion is obtained. The PMI 20-90 shoulder therapy system may be used in combination with formalized physical therapy or used instead of PT as the patented design creates shoulder glenohumeral abduction to 90 degrees. It was designed to be easy and convenient to use, increasing patient compliance and leading superior outcomes and results.

The therapeutic use of the PMI 20-90 is also effective for pain management. Position of comfort is often difficult to achieve during the recovery process. We have found that varying degrees of abduction, some significant, are desired and preferred by the patient when resting or sleeping. The PMI 20-90 gives you this versatility. The CPM feature has also shown to assist in post-operative pain management.