

Below is an example of a Post Operative Protocol that Dr. Zimmerman uses with his OVOMotion patients. It is provided for informational purposes only and does not constitute medical advice. Each patient is unique and deserves an individualized post operative plan based on the patient's specific prognosis. This information should not be relied on as a substitute for, or to replace, professional medical advice or treatment. Please note timing below varies per patient.

### Guidelines:

#### Phase 1 (0-4 weeks)

- ROM: Limit 45° passive external rotation (ER) to protect subscapular repair; Forward elevation as tolerated (wall walks, table slides)
- Sling: 0-2 weeks: Worn at all times; remove for exercise only; 2-4 weeks: Daytime only
- Exercises: 0-2 weeks: Pendulum exercises, elbow/wrist/hand ROM at home; 2-4 weeks: Begin cuff, deltoid isometrics; no active internal rotation (IR) or extension

#### Phase 2 (4-12 weeks)

- ROM: Increase Phase I as tolerated; Begin IR and extension as tolerated after 6 weeks
- Sling: None
- Exercises: 4-8 weeks: Light resisted External Rotation, forward flexion and abduction; 8-12 weeks: Begin resisted IR, extension and scapular retraction

#### Phase 3 (12-24 weeks)

- ROM: Progress to full
- Sling: None
- Exercises: Progressive strength training as tolerated; Return to Sports when cleared by physician

### Medications and Diet:

- Take pain medication as prescribed.
- Please speak with your surgeon if you should alternate between prescription pain medication, Tylenol, and/or an anti-inflammatory medication.
- Pain medication may be constipating, so eat high fiber foods such as fresh fruit and green vegetables.
- Resume your regular diet and regular medications.
- Drink plenty of water.

### Special Instructions:

- Use ice packs (keep dressing dry) continuously, while awake, during first 72 hours to prevent swelling and reduce pain.
- Check dressing daily for new drainage.

### Dressing and Sutures:

- Keep your dressing clean and dry
- Maintain your Postop dressing until your follow-up appointment with surgeon.

### When to call the doctor:

- Chills or a fever of 101 or above.
- New or unusual drainage on your dressing.
- Redness, swelling, or drainage from your incisions.
- Swelling or pain in the shoulder of the affected arm.
- Pain unrelieved by taking prescribed pain medicine or applying ice.

### Additional Instructions:

- No alcoholic beverages while taking pain medication.
- No driving or operating complex machinery until advised to do so by surgeon.

Please note: This postoperative protocol is provided by a surgeon experienced with the OVOMotion with Inlay Glenoid TSA procedure and is provided for reference only. Postoperative protocol is always at the surgeon's discretion.

# arthrosurface

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