CAPSTONE
ORTHOPEDICS & SPORTS MEDICINE

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Shoulder INSpace Implant Protocol

Precautions: Until 3 months post-op, patients should avoid quick sudden movements, repetitive movements, lifting of any weight or any activity that requires force or power to avoid movement of the balloon. Patient population does not have an intact rotator cuff. The balloon acts as a spacer to offer the opportunity for deltoid retraining for three months after which time it dissolves. Initial precautions surround the need to avoid loss of the balloon in the joint space. Driving is not recommended until the patient can safely hold the steering wheel with both hands and operate the vehicle safely.

Phase I (1 day - 4 weeks post-op)

● Modalities: PRN for pain and inflammation (ice, IFC)

● Sling: Sling worn continuously except in therapy or during exercise

● ROM: All ROM must stay below pain threshold ○ PROM, A/AROM of the shoulder may begin to tolerance/within protocol limits also including scapular mobility, cervical spine, elbow, forearm, wrist and hand exercises with grip ○ Flexion and abduction: 0-60 degrees ○ Pendulum exercises ○ Gentle shoulder rotation may begin but must be controlled/pain free.

Phase II (4 weeks – 6 weeks post-op)

● Sling: Removed at 4 weeks unless needed for comfort, while sleeping or during physical activity

● ROM: ○ PROM/AROM to achieve functional ROM with slow steady stretching (without pain and beginning progression towards preoperative function only) ○ Activities may be completed independently or with therapist assistance

Phase IV (6 weeks - 12 weeks post-op)

● Symptoms: it is expected to feel temporary discomfort or transient increase in shoulder pain at this stage

● ROM: Gradually regain their preoperative ROM or steady progression on weekly basis including ROM/Strength until return to normal activity

● Rehabilitation may continue through 6 months post op to return to normal activity level or preoperative status

Adapted From: 1) Post-operative and Rehabilitation Guidelines for InSpace Balloon Implant. Stryker Sports Medicine, 2021.