

INSPACE BALLOON SPACER IMPLANTATION**FOX VALLEY ORTHOPEDICS
INSPACE BALLOON IMPLANTATION
Dr. Vishal Mehta**

PT Weeks: 0-12

PHASE 1

Week 0-4 (start PT 3-7 days post-op)

- **Precautions:**
 - Immobilizer /sling to use for 4 weeks at all times (including sleeping). Removed for PT and home exercises
 - PROM/AAROM only: Flexion and abduction limited to 60 degrees (due to avoiding possible displacement of the "balloon" device in the subacromial space). Gentle shoulder rotation is allowed but must be controlled/pain free
- **Exercises:**
 - Scapula, cervical, elbow, wrist and hand AROM
 - AAROM/PROM at shoulder should stay below pain threshold: therapist assisted/cane/pulleys

PHASE 2

Week 4-6

- **Precautions:**
 - Immobilizer/sling removed at 4 weeks (by MD).
 - No ROM restrictions
- **Exercises:**
 - Continue with PROM at shoulder. May progress flexion and abduction past 60 degrees. ROM should stay pain-free
 - Begin isometric exercises at shoulder/scapula at 4 weeks

INSPACE BALLOON SPACER IMPLANTATION**PHASE 3**

Week 6-12

- **Precautions:**
 - Exercises for ROM and strengthening should be progressed gradually
- **Exercises:**
 - Continue with ROM at shoulder
 - Begin light strengthening: scapular and shoulder