

# InSpace Balloon

## Physical Therapy Protocol

### Phase I – Protection Phase (Day 1 to Week 4)

#### Precautions:

- Sling (UltraSling or equivalent) to be worn at all times (day and night).
- Sling may be removed only during exercises or therapy sessions.
- No quick, sudden, or repetitive movements.
- No lifting or use of the arm against resistance.
- No driving until the patient can safely operate a vehicle with both hands.
- Avoid any activity that may cause migration or loss of the balloon implant.

#### Goals:

- Control pain and inflammation.
- Maintain safe mobility of surrounding joints.
- Begin gentle, pain-free shoulder motion within protocol limits.

#### Therapeutic Guidelines:

- Modalities as needed: ice, IFC for pain and swelling.
- Passive ROM (PROM) and active-assisted ROM (AAROM) below pain threshold.
- Flexion and abduction: limit to 0–60 degrees.
- Begin:
  - Pendulum exercises
  - Scapular mobility
  - Cervical spine, elbow, wrist, and hand AROM with grip activation
  - Gentle, pain-free shoulder rotation

## **Phase II – Transition Phase (Weeks 4 to 6)**

### **Precautions:**

- Discontinue sling use at 4 weeks unless needed for comfort (e.g., during sleep or physical activity).
- Continue avoiding sudden arm movements or heavy lifting.

### **Goals:**

- Improve functional range of motion gradually.
- Promote independence in ROM exercises with continued pain-free movement.

### **Therapeutic Guidelines:**

- PROM and AROM to tolerance (without pain).
- Begin light, steady stretching.
- Continue pendulums, scapular mobility, and distal joint mobility.
- May increase reps and frequency as tolerated.
- All exercises may be done independently or with physical therapist assistance.

## **Phase III – Strengthening Phase (Weeks 6 to 12)**

### **Precautions:**

- Pain or discomfort may increase temporarily—this is expected.
- Continue avoiding activities requiring force or resistance through the arm.

### **Goals:**

- Regain preoperative ROM or show steady weekly improvements.
- Begin gentle strengthening of shoulder and scapular muscles.

### **Therapeutic Guidelines:**

- Progress ROM with daily stretching and mobility exercises.
- Begin deltoid and scapular isometrics as tolerated.

- Gradual increase in activity level with continued focus on form and control.

## **Phase IV – Return to Activity Phase (Weeks 12+)**

### **Goals:**

- Return to baseline functional status.
- Normalize shoulder strength and movement.
- Progress toward higher-level activities as appropriate.

### **Therapeutic Guidelines:**

- Rehabilitation may continue up to 6 months post-op.
- Introduce low-level functional tasks and light strengthening.
- Avoid overhead resistance or dynamic sports until cleared.