



Rehabilitation Protocol: Total Shoulder Replacement

Phase I (Weeks 0-6)

- Sling immobilization for first 6 weeks–out of sling to do home exercise program (pendulums) twice daily
- Range of Motion – PROM
- **NO**
 - **Active Internal Rotation**
 - **Internal rotation behind back for 8 weeks**
 - **External Rotation past 25-30 degrees (based on Operative note)**
 - **Backwards Extension For 6 Weeks**
 - **Lifting anything heavier than a coffee cup**
 - **Supporting of body weight by hands and arms**
 - **Sudden jerking motions**
 - **Use of pulleys for first 6 weeks (Protect Subscapularis Repair)**
- Therapeutic Exercise
 - Grip Strengthening
 - Elbow/Wrist/Hand Exercises
 - Teach Home Exercises -- Pendulums
 - **No Pulleys/Canes**
- Heat/Ice before and after PT sessions
- **Postoperative Day #1 (in hospital):**
 - Passive Forward Flexion in supine to tolerance
 - External rotation in scapular plane to available gentle PROM (as documented in Operative Note) – usually around 30 degrees. (Attention: **DO NOT** produce undue stress on the anterior joint capsule and subscapularis particularly with shoulder in extension)
 - Passive internal rotation to chest
 - Active distal extremity exercise (Elbow, Wrist, Hand)
 - Pendulums
 - Frequent cryotherapy for pain, swelling and inflammation management
 - Patient education regarding proper positioning & joint protection techniques
- **Postoperative Days # 2-10 (out of hospital)**
 - Continue above exercises
 - Assisted flexion and abduction in the scapular plane
 - Assisted external rotation (NOT past 30 degrees)
 - Begin sub-maximal, pain-free shoulder isometrics in neutral
 - Begin scapula musculature isometrics / sets
 - Begin active assisted Elbow ROM
 - Continue Cryotherapy as much as able for pain and inflammation management

Office: 214-631-9881 • Fax: 866-531-8106

www.SummitOrthoTX.com



SUMMIT
ORTHOPEDICS
OF TEXAS

- **Week 3 Goal:** 90° Forward Flexion, 20° External Rotation at the Side, Maximum 75° Abduction
- **Week 4 Goal:** 120° Forward Flexion, 30° External Rotation at the Side, Maximum 75° Abduction

Phase II (Weeks 6-12)

- Discontinue sling if still being worn
- Range of Motion – AAROM → AROM - increase as tolerated with gentle passive stretching at end ranges
 - Begin Active Internal Rotation and Backward Extension as tolerated
- Therapeutic Exercise
 - Begin light resisted exercises for Forward Flexion, External Rotation and Abduction – isometrics and bands – Concentric Motions Only
 - **No Resisted Internal Rotation, Backward Extension or Scapular Retraction**
- Modalities per PT discretion

Phase III (Weeks 12-24)

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise
 - Begin resisted Internal Rotation and Backward Extension exercises
 - Advance strengthening as tolerated – Rotator Cuff, Deltoid and Scapular Stabilizers
 - Begin eccentric motions, plyometrics and closed chain exercises
- Modalities per PT discretion
- Released to full activity at 24 weeks
- Lifetime lifting restriction of no more than 25 lbs including no overhead lifting

Office: 214-631-9881 • Fax: 866-531-8106

www.SummitOrthoTX.com