

## 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
- **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