

TOTAL SHOULDER REPLACEMENT POST-OPERATIVE REHABILITATION PROGRAM

The goal of the rehabilitation process is to provide greater mobility to the patient than before the surgery. In addition, stability of the shoulder is vital and essential to normal non-painful shoulder function. The key to the success of the rehabilitation following total shoulder replacement is compliance to your exercise program.

I. PHASE ONE - IMMEDIATE MOTION PHASE (Week 0-4)

Goals: Allow early healing of capsule
Increase passive range of motion
Decrease shoulder pain
Retard muscular atrophy and prevent RTC inhibition

WEEKS 1- 2

Sling For Comfort and Sleep

Exercises:

- * Passive Range of Motion
 - a. Flexion (0-75 degrees)
 - b. ER (**to neutral position only for 6 weeks**)
 - c. IR (in scapular plane at 30 degrees to 25-30 degrees)
- * Pendulum Exercises
- * Elbow/Wrist ROM
- * Gripping Exercise for Hand
- * Ice & Modalities
- * Isometrics (Day 10)
 - a. Abductors
 - b. ER/IR
 - c. Elbow flexors
- * Electrical Muscle Stimulation (if needed)
- * Rope and Pulley (POD 5-7) - Flexion

WEEKS 3-4

Sling as Needed

Exercises:

- *Continue all ROM exercises
 - a. Initiate AAROM exercises
 - b. Progress flexion to 90-100 degrees
 - c. ER **to neutral position only for 6 weeks**
 - d. IR scapular plane at 45 degrees to side



- *Initiate AAROM ER/IR supine with L-bar
- *Initiate rhythmic stabilization exercises
 - a. Flex/Ext
 - b. ER/IR in scapular plane
- *Isometrics
 - a. ER/IR
 - b. Flex
 - c. Ext
 - d. Abd
- *Rope and Pulley

II. **PHASE TWO - ACTIVE MOTION PHASE (Week 4-10)**

Goals: Improve dynamic stabilization and strength
Improve Range of Motion
Decrease pain/inflammation
Increase Functional Activities

WEEKS 5-8

Exercises:

- * Active Assisted ROM Exercises with L-Bar (Begin week 2)
 - a. Flexion to tolerance
 - b. ER **to neutral position only for 6 weeks**
 - c. IR in scapular plane at 90 degrees abduction
- *All motions to tolerance
- * Rope and Pulley
 - a. Flexion
- * Pendulum Exercises
- * AROM Exercises
 - a. Supine Flexion if unable sidelying flexion
- * Strengthening Exercises
 - a. Tubing ER/IR
 - b. Rhythmic stabilization Flex/Ext and ER/IR
 - c. Sidelying ER
 - d. Sidelying flexion
 - e. Scapular strengthening exercises
 - f. Prone rowing
 - g. Prone extensions
 - h. Biceps/triceps
 - i. Isometrics for deltoid

WEEKS 9-12

- *Continue all exercises listed above
- *Prone goal:

- Flexion 160 degrees
- ER at 90 degrees Abd: 75-80 degrees
- IR at 90 degrees Abd: 60-65 degrees
- *Continue to emphasize AROM and strength
- *Progress strengthening exercises
- *Pool exercises and swimming

III. PHASE THREE - ACTIVITY PHASE (WEEKS 13-26)

*Initiation of this phase begins when patient exhibits:

- 1) PROM:
 - Flexion 0-160 degrees
 - ER 75 degrees or equal to contralateral side
 - IR 60 degrees or equal to contralateral side
- 2) Strength level 4/5 for ER/IR/ABD

Goals: Improve strength of shoulder musculature
Neuromuscular control of shoulder complex
Improve functional activities

Exercises:

- *AAROM and stretching exercises
 - a. Flexion with L-bar
 - b. ER/IR at 90 degrees abduction
- *Strengthening exercises
 - a. ER/IR tubing
 - b. Full Can
 - c. Lateral raises
 - d. Prone rowing
 - e. Sidelying ER
 - f. Prone extension
 - g. Biceps
 - h. Initiate interval sport program if appropriate (weeks 20-26)