

## **TOTAL SHOULDER REPLACEMENT POST-OPERATIVE REHABILITATION PROGRAM**

**Precautions:** In hospital use immobilizer.  
Discontinue immobilizer at Day 1-3 and use sling for comfort for a few days  
No forceful internal rotation for 6 weeks for fear of disrupting subscapularis repair

### **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 (May discontinue sling as tolerated)

Exercises:

- \* Continuous Passive Motion (CPM)
- \* Passive Range of Motion
  - a. Flexion (0-75 degrees)
  - b. ER (in scapular plane at 30 to 0 degrees)
  - 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

**CAUTION:** Do not stressfully actively IR arm against resistance for possibility of pulling subscapularis repair for 4-6 weeks

#### **WEEKS 3-4**

Sling as Needed

Exercises:

- \*Continue all ROM exercises
  - a. Initiate AAROM exercises
  - b. Progress flexion to 90-100 degrees
  - c. ER scapular plane at 45 to 25 degrees
  - 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 in scapular plane at 90 degrees abduction
  - 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

IR 60 degrees

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)