

Total Shoulder Replacement Rehab Protocol

General Considerations:

1. Wear sling for 2-3 weeks including while sleeping
2. No active/resisted IR for 6 weeks. Protect the subscapularis
3. No active/passive extension for 8 weeks
4. Begin painfree active ER at the side early in the rehab process to promote relaxation of antagonistic IR musculature
5. Issue home ranger pulley system for early mobilization in the plane of the scapula

I. Phase I- Immediate Motion/ Protection Phase (Week 0 -4)

Goals: Increase PROM

Decrease Pain

Minimize muscular atrophy of the rotator cuff

Protect the subscapularis

1. PROM
 - a. Flexion (work to achieve 90 deg by week 2 and progress to 140 deg as tolerated
 - b. ER: 0-45 deg at 30 deg of abduction (per tolerance)
2. Pendulum Exercises
3. AROM
 - a. Elbow, wrist, and cervical
 - b. Pulley for elevation in the plane of the scapula
 - c. Shoulder flexion in supine as tolerated
 - d. ER 0-45 deg (at 30 deg of abduction)
4. Grip and Wrist Strengthening
5. Isometrics: submaximal in planes of ER, extension, flexion, and abduction
6. Scapular stabilization: side lying scapular clocks, seated retraction
7. AAROM: s/l flexion w/ assist, supine cane bench and flexion
8. Modalities such as cryotherapy and/or electrical stimulation as needed

II. Phase Two- Active Motion Phase (Week 4- 10)

Goals: Increase Strength

Continue progressions in PROM (30 deg of ER by week 4)

Decrease pain and inflammation

Normalize scapular motion and increase scapular strength

1. Continue previously performed PROM and AAROM exercises
2. AROM
 - a. Flexion: Progress from supine to semi -recumbent to seated/ standing as appropriate glenohumeral rhythm permits
 - b. Sidelying ER (week 6)
 - c. Serratus Punches
 - d. Prone extension and rows (week 8)
 - e. Resistance band ER (week 6)
 - f. Submaximal IR isometrics (week 6)
 - g. Resistance band IR (weeks 7-8)
3. Total Arm Strengthening
4. Scapulothoracic Strengthening
5. UBE (week 6-8)

III. Phase III - Strengthening Phase (Begins at Week 10)

1. PROM: Flexion to around 140 deg, ER to around 55 deg
2. Continue resistance band strengthening in all planes
3. More aggressive stretching exercises including doorway or table ER and flexion stretching if needed)
4. Wall push -ups
5. PNF functional patterns
6. Refer to physician for return to sports/work