



Total Shoulder Replacement

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PHASE I (1-11 DAYS POST OP):

Precautions: Protect anterior deltoid; ER limited to 10° for 4-6 weeks; FF 0-90°

- Per MD: Sling worn 1-4 weeks depending on subscap repair and status of rotator cuff
- Patient can do tabletop activities including eating, writing, limited computer use
- Initiate PROM/AAROM: (follow any specific ordered limits)
 - Pendulum
 - Pulleys (flex and abd with neutral rotation-palm down)
 - Passive forward flex and abd in supine with neutral rotation
 - Wand ex: flexion (supine and standing), ER to neutral, extension, abduction with neutral rotation, IR
- Easy isometrics (IR, ER, Extension, Abduction, Flexion)
- Scapular stabilization exercises
 - Scapular retraction

PHASE II (11-28 DAYS POST OP):

Precautions: Do not increase inflammation

- AROM and Strength
 - Active forward flexion in supine from 45° and higher
 - Gradual increase in activities from supine to vertical
 - Isotonic exercises without weight (main emphasis on flexion and ER to 10°)
 - Flexion: arm at side, thumb forward. Raise arm to shoulder level, lower slowly
 - Abduction: arm at side, thumb up. Raise arm sideways to shoulder level. Lower slowly
 - Abduction: start with arm in POS, thumb down. Raise arm diagonally to 45° level and lower slowly
 - External rotation: sidelying with towel roll; externally rotate and lower slowly
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 - Scapular stabilization exercises

- Scapular depression with tubing: place tubing over door, squeeze shoulder blades together while pulling arm to side
- Extension: in pendulum position, starting with arm hanging straight down with thumb pointing down, raise arm backwards and slowly return
- Horizontal abduction: Bending at waist (pendulum position) start with your arm hanging straight down with thumb pointing out, raise arm out to the side to shoulder level and slowly return
- Proprioception on the counter top: slowly shift weight from one side to the other, keeping shoulder blade flat to back

PHASE III (4-6 WEEKS): PROTOCOL FOR IMPINGEMENT AS TOLERATED

Precaution: Do not increase inflammation or overwork cuff. Weight limit until week 8, 4 oz., then progress as tolerated.

- Isotonic shoulder exercises as tolerated
 - Flexion: raise arm to shoulder level, lower slowly
 - Abduction: thumb up raise arm to shoulder level, lower slowly
 - Abduction: POS, thumb down, raise 45°, lower slowly
 - External rotation: sidelying
 - External rotation: prone, elbow at 90°
 - Internal rotation with theraband
 - Pushups: standing, progress to counter top
 - Bicep curls
- Free weights only (no theraband) except for IR
- Repetitions 20-30 before progressing weights
- Start against gravity without weight as in Stage II (2 oz, 4 oz, 8 oz, 1#, 2#, etc)
- Scapular stabilization
 - Standing push ups against wall, progress to countertop
 - Proprioception on the wall: keeping shoulder blades together and down, make circles with the ball on the wall, clockwise, then counter clockwise

PHASE IV (7-12 WEEKS):

- Return to all functional activities including golf
- Avoid jamming activities: hammering/contact sports