

TOTAL SHOULDER REPLACEMENT: POST-OPERATIVE REHAB PROTOCOL

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PHASE I (0-4 WEEKS): PROTECTION

Goals

- Reduce inflammation
- Decrease pain
- Postural education

Restrictions/Exercise Progression

- Ultrasling x 4 weeks – maintain at all times outside of pendulums, elbow/wrist range of motion exercises
- Ice and modalities to reduce pain and inflammation.
- Cervical ROM and basic deep neck flexor activation (chin tucks).
- Instruction on proper head neck and shoulder (HNS) alignment.
- Active hand and wrist range of motion.
- Active shoulder retraction
- **No motion** x 4 weeks outside of pendulums

PHASE II (4-6 WEEKS): EARLY MOBILIZATION

Goals

- PROM as outlined
- Continued protection of soft tissue repair

Restrictions/Exercise Progression

- Discontinue sling at 4 weeks.
- Postural education.
- Begin PROM (OK for AAROM with same restrictions)
 - FF/extension PROM as tolerated
 - ER to 45 degrees only
 - Abduction to 45 degrees only
 - Encourage walks and low intensity cardiovascular exercise to promote healing.
 - No internal rotation behind back until 6 weeks

PHASE III (6 WEEKS-DISCHARGE): ROM AND STRENGTHENING

Goals

- Full ROM by 8 weeks
- Begin return to activities

Exercise Progression

- Progress to full PROM range of motion (including full abduction and external rotation) as tolerated.
- Begin AROM without restriction
- Low to moderate cardiovascular work. May add elliptical and gradual walk-to-run program
- Begin rotator cuff endurance and light therabands at 8 weeks