

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.

Phase I – Immediate Motion Phase (Week 0-4)

Goals: Increase passive range of motion
Decrease shoulder pain
Retard muscular atrophy and prevent RTC shutdown

POD 1-3

Sling for Comfort

Exercises:

- Continuous Passive Motion (CPM)
- Passive ROM
 - Flexion (0-90 degrees)
 - ER (at 30 degrees abduction) 0-30 degrees
 - IR (at 30 degrees abduction) 0-35 degrees
- Pendulum Exercises
- Elbow/Wrist ROM
- Grasping Exercise for the Hand
- Ice & Modalities
- Isometrics (Day 10)
 - Abductors
 - ER/IR
- Electrical Muscle Stimulation (if needed)
- Rope and Pulley (POD 2-3) – Flexion

Phase II – Active Motion Phase (Week 4-10)

Goals: Improve Shoulder Strength
Improve Range of Motion
Decrease Pain/Inflammation
Increase Functional Activities

Exercises:

- Active Assistive ROM Exercises with L-Bar (Begin week 2)
 - Flexion
 - ER
 - IR
- Rope and Pulley
 - Flexion
- Pendulum Exercises
- AROM Exercises
 - Seated Flexion (short arc 45-90 degrees)
 - Supine Flexion
 - Seated Abduction
- Exercise Tubing IR/ER (week 4)
- Dumbbell bicep/tricep
- Scapulothoracic strengthening
- Joint Mobilization

Phase III – Strengthening Phase

*Initiation of this phase begins when patient exhibits:

1. PROM:
 - Flexion 0-160 degrees
 - ER 0-75 degrees
 - IR 0-80 degrees

2. Strength level 3/5 for ER/IR/ABD

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

Exercises:

- Exercise Tubing
 - ER
 - IR
- Dumbbell strengthening
 - Abduction
 - Supraspinatus
 - Scapulothoracic
- Stretching Exercise
- L-Bar
- Rope and Pulley