

Total Shoulder Replacement Post-Op Protocol

Name: _____ Date: _____ DOS: _____

Rehabilitation Protocol
TOTAL SHOULDER REPLACEMENT POST-OP PROTOCOL
3X/WK X 6 WKS

0-2/13 Weeks

GOALS/PRECAUTIONS

(2-3x /week)

ROM:

- No combined abduction w/ER
- No UBE at all times
- No active IR until wk 6/13

CLINICAL INTERVENTION

- Home Exercise Program (HEP):
- Safely simulate clinical program
- Instruct in proper use of heat/ice

Range of Motion Goals:

- FF: 0-90°, ABD: 0-45°, ER: 0-45°

THER EX:

- AAROM/AROM/PROM
- Elbow, wrist, hand ROM
- Codman's/Pendulum
- Pulley: assisted flexion
- Wand: assisted ER to 30°
- Scapular elevation and retraction

MANUAL TECHNIQUE:

Single plane gentle PROM

1. Avoid combined abduction/ER
2. Avoid active and resistive IR for first 4 weeks



TOTAL SHOULDER REPLACEMENT POST-OP PROTOCOL

2-4/13 Weeks **GOALS/PRECAUTIONS** **(2-3x/week)**

ROM: Emphasize TX on ROM

HEP:

- Safe progression of HEP in conjunction w/clinical program

Range of Motion Goals:

- FF: 0-135°, ABD: 0-45°, ER: 0-55°

THER EX:

- AAROM
 1. Towel: exercises, except for IR
 2. Wall climb to full flexion
 3. Doorway: assisted ER (below 90° abduction)
- Scapular elevation and retraction
- PROM to tolerance

4-6/13 Weeks **GOALS/PRECAUTIONS/PT Rx** **(2-3x/week)**

HEP:

- Safe progression of HEP

THER EX:

Range of Motion Goals:

- FF: 0-180°, ABD: 0-90°, ER: 0-65°-20°

PROM

1. Progress PROM to full
 - Isometric strengthening for FF/ER/ABD
 - Initiate aquatics, if available
2. AROM all planes, except IR

6-8/13 Weeks **HEP:** **(2-3x/week)**

- Safe progression as tolerated

THER EX:

- A/PROM achieve full ROM in all planes
 1. initiate AROM gravity eliminated

- 2. progress to anti-gravity
- 3. add light resistance as tolerated
- Progress hand, elbow, wrist strengthening
- Doorway self stretch Abduction w/ER @ wk 8/13
- Isometric strengthening in all planes, including IR
- Initiate aquatics, if available

8-12/13 Weeks

HEP

(2x/week)

- Safe progression to include more intensive PRE's

THER EX:

- PRE's: progress resistance
- Initiate T-Band exercises
- If pain free and full ROM: begin isotonic machines
- Progress functional training

12-16 Week

THER EX:

(1-2x week)

- Progress functional/recreational training
- Prepare patient for DC w/advanced HEP
- Progress to full strengthening program as tolerated

Signature: _____

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Rev. 5-12