



Rehabilitation Protocol Shoulder Arthroplasty

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PHASE I: PROTECTED ROM

(0 to 6 weeks after surgery)

- May remove dressing and shower post-op day #5
- Sling should be worn at night and when out of house. May remove the sling during the day.
- Do not lift anything greater than 2 to 3 lbs with the involved hand
- Staples will be removed by surgeon at 7 to 10 days.
- Initiate exercise program 3 times per day immediately:
 - Immediate elbow, forearm and hand AROM
 - Pendulums
 - AAROM - CPM or pulleys into scapular plane elevation to 130, ER to 30
 - Supine AAROM into flexion and ER with above limits
 - Emphasize home program
- Protect the Subscapularis
 - Limit ER to 30
 - No resisted IR
 - Avoid extension of shoulder
 - Avoid reaching behind the back

PHASE II:

(6 to 10 weeks after surgery)

- Discontinue sling at all times
- Discontinue CPM if in use
- Lifting restriction of 10 pounds remains
- Advance AROM and PROM as tolerated
 - Maintain ER limit of 30 until 10 weeks.
 - Advance elevation as tolerated
- Scapular stabilizer strengthening.
- Strengthen rotator cuff and shoulder musculature (Isometrics, Theraband, dumbbell, etc). AVOID RESISTED IR OR EXTENSION UNTIL 10 WEEKS.

PHASE III: FULL FUNCTION

(>10 weeks after surgery)

- Advance shoulder ER range of motion as tolerated (Light stretching only).
- May initiate subscapularis strengthening (resisted IR and extension).
- Advance shoulder and rotator cuff strengthening as tolerated.
- Incorporate low level functional activities at 3 months (swimming, water aerobics, light tennis, jogging)
- Start higher level activities at 4 months (tennis, light weight training, and golf).