

Total Shoulder Rehabilitation Guidelines

The following is a guideline for the post-operative rehabilitation of an individual who has undergone a Total Shoulder Replacement or Shoulder hemiarthroplasty. This schedule will vary from patient to patient based on individual tolerance. This guideline is intended to be administered by a licensed physical therapist. If there are any questions concerning the rehabilitation please don't hesitate to call our office.

Day 1

1. Wound care.
2. Modalities as needed.
3. Pendulum exercises in sling.
4. Scapular mobilization
5. PROM:
 - (a) Supine forward flexion in plane of scapula
 - (b) External rotation to neutral only for 6 weeks
6. AAROM:
 - (a) Supine forward flexion in plane of scapula
 - (b) **NO active internal rotation for 6 weeks.**
7. AROM:
 - (a) full wrist and elbow
 - (b) full cervical spine

Weeks 1 – 2

1. Continue with above
2. PROM:
 - (a) Supine forward flexion in plane of scapula
 - (b) External rotation to neutral only for 6 weeks
3. AAROM:
 - (a) Wand exercises:
 - Elevation in supine

- IR/ER seated (limit ER to neutral)
- (b) Pulley exercises:
 - Elevation
 - Table Tops: Flexion (2 weeks)
- 4. Scapular active motions
- 5. Isometrics: Submaximal

All motions except internal rotation

Weeks 3 - 4

1. Continue with above.
2. PROM:
 - (a) Supine forward flexion in plane of scapula
 - (b) External rotation to neutral only for 6 weeks
3. AAROM:
 - (a) Horizontal adduction, ER to 20° (arm supported in 90° of abduction in scapular plane)
4. AROM:
 - (a) All motions **except internal rotation**.
5. Scapular manual resistance

Weeks 6-8

1. Based on signs and symptoms; the patients program can be adjusted to de-emphasize and emphasize areas based on individual need.
2. Full Active motion
3. More vigorous PROM and AAROM
4. Resistance with therabands/light free weights
 - a. Stage I: Strengthen ER, IR, and extension
 - b. Stage II: Strengthen abduction and forward elevation
5. Progress resistance slowly, as tolerated

12 months to reach final functional outcome.