



## POST-SURGICAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL:

### **General Information**

Shoulder Replacement for arthropathy is an operation for pain relief. These patients often have severe limitations in shoulder function secondary the joint derangement or fracture. Significant gains in function during rehabilitation may be achievable following joint arthroplasty.

### **Prehabilitation**

- Apply ice as much as tolerated within a 24 hour period for first week. Encourage icing 15 minutes every 3-4 hours while awake. This is also useful after therapy.
- Sling used for 4 weeks

## POST-OP DAYS 1 – 15

### **GOALS:**

- Pain control.
  - Sling for comfort, D/C after 14 days.
  - Sleep with pillow under shoulder / arm for comfort.
  - Hand squeezing exercises.
  - Elbow and wrist active motion (AROM).
  - Ice pack.

## DAYS 16 – 21

### **GOALS:**

- AAROM Flexion to 120 degrees, Abduction to 60 degrees.
  - May wear sling when out in public as needed for comfort.
  - Continue appropriate previous exercises.
  - Pendulum exercises.
  - Active assisted motion (AAROM) supine with wand or pulleys.
  - Flexion to 120 degrees
  - Abduction to 60 degrees
  - ER to 30 degrees.
  - Shoulder shrugs, scapular retraction without resistance.

## WEEKS 3 – 4

### **GOAL:**

- AAROM Flexion to 140 degrees, Abduction to 90 degrees.
  - Continue appropriate previous exercises.
  - May wear sling when out in public as needed for comfort.
  - AAROM supine with wand or pulleys
  - Flexion to tolerance
  - Abduction to 90 degrees
  - Gentle ER to tolerance.
  - 1-2 Finger Isometrics x 6.



## WEEKS 4 – 6

### GOAL:

- AAROM Flexion to 160 degrees, Abduction to 120 degrees.
  - Continue appropriate previous exercises.
  - AAROM supine with wand or pulleys
  - Abduction to 120 degrees, Flexion and ER to tolerance.
  - Biceps and Triceps PREs with light weight.
  - Shoulder isometrics (ER & IR in multiple angles of scapular plane elevation).
  - Treadmill – Walking progression program.

## WEEKS 6 – 8

### GOALS:

- Full AAROM.
- Minimal compensatory motion.
  - Continue appropriate previous exercises.
  - AAROM (wand, wall climb, pulleys, doorway stretch) through full range
  - IR with wand behind back.
  - PROM / mobilization as needed to regain functional motion.
  - Rotator cuff strengthening with light Theraband x 6
  - Progress slowly with resisted IR.
  - Standing rows with light Theraband
  - Prone scapular retraction ex without weight.
  - Ball on wall (arcs, alphabet).
  - Push-ups against wall.
  - Elliptical trainer.
  - Pool walking / running.

## MONTHS 2 – 3

### GOALS:

- Functional AROM (Target to achieve full by 8 weeks).
- Normal rotator cuff strength.
- AROM through full range as tolerated.
  - Continue appropriate previous exercises with increased resistance.
  - Ball toss with arm at side.
  - BAPS on hands.
  - Push-ups against table.

## MONTHS 3 – 6

### GOAL:

- Resume all recreational activities at 6 months.
  - Continue appropriate previous exercises.
  - Light weight training.
  - Swimming / Running as tolerated.
  - Transition to home / gym program.
  - Initiate functional progression for sports/activity-specific tasks.