

Total Shoulder Arthroplasty Rehabilitation Program

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Diagnosis: Right / Left total shoulder replacement _____

Date of Surgery: _____

Week 0-4

- >>Pendulum circumduction (no weights)
- >>Supine passive self-assisted external rotation and forward elevation
- >>Scapular muscle contraction- serratus anterior, rhomboid, trapezius Neck, elbow, forearm, wrist and hand ROM
- >>ROM exercises are performed 5 times each day; 5 repetitions hold each stretch for 10 seconds.
- >>Discontinue the sling after week 4

Range of Motion Goals Week 6

	Wk 6
Passive forward elevation	140°
Active forward elevation	Above shoulder level
Passive external rotation	40°
Passive internal rotation	Lower lumbar

Weeks 5-12

- >> Begin AAROM→AROM as tolerated
- >> If Stiffness develops, strengthening is delayed to work on stretching
- >> Goals: Same as above, but can increase as tolerated
- >> Pulleys for assisted elevation to begin gentle strengthening and elevation patterning
- >> Light passive stretching at end ranges
- >> Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc)
- >> At 8 weeks, can begin strengthening/resisted motions; may work up to only 2lb resistance by 12wks
- >> Isometrics with arm at side beginning at 8 weeks

Months 3-12

- >> Advance to full ROM as tolerated with passive stretching at end ranges
- >> Advance strengthening as tolerated: isometrics→bands→light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- >> Only do strengthening 3x/week to avoid rotator cuff tendonitis
- >> Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- >> Begin sports related rehab at 4 1/2 months, including advanced conditioning