

Rehabilitation Protocol: Total Shoulder Replacement

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase One (0-2 weeks)

- Wound protection, subscapularis tendon repair protection of utmost importance
- Stay in sling at all times unless doing home exercises
- NO external rotation past neutral, active internal rotation or scapular retraction/backward arm extension
- Only permitted exercises as follows (out of sling, if tolerated):
 - o Light pendulum exercises
 - o Wall walks and table walks

Phase Two (2-6 weeks)

- **Stay in sling at all times unless doing home exercises or under direct supervision of therapist**
 - o **Will need sling for total 4-6 weeks from the day of surgery**
- Continued mobilization and tendon repair protection with goal of increased mobilization
- Formal physical therapy will begin after your two-week visit
- **No strengthening exercises**
- Range of motion
 - o Can begin active-assist and passive external rotation with the arm at the side to 20 degrees maximum.
 - o NO arm extension or internal rotation behind the back.
 - o Unrestricted forward flexion in scapular plane after one month - AROM, AAROM, PROM
 - o Passive internal rotation to chest wall allowed.
- Heat/ice after PT sessions

Phase Three (6-12 weeks)

- Can discontinue sling
- Can begin active internal rotation and backward extension as tolerated, with **NO resistance (no resisted scapular retraction as well)**
- ER past 20 degrees now permitted
- Therapeutic exercises – can begin **light** strengthening exercises for external rotation, abduction and forward flexion – isometrics and bands – **concentric motions only**
- Modalities per PT

Phase Four (3 months – one year)

- Can begin resistance exercises in all ROM (Rotator cuff, scapular stabilizers, deltoid)
- Eccentrics, plyometrics, closed chain exercises
- Modalities per PT

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____

