



SHOULDER REHABILITATION GUIDELINES FOR TOTAL SHOULDER REPLACEMENT

Total shoulder replacement is performed for either osteoarthritis or rheumatoid arthritis of the glenohumeral joints. Hemiarthroplasty of the shoulder is performed for fractures of the shoulder or rotator cuff arthropathy. Smoking is discouraged for 6 weeks post-operatively to promote healing.

Stage 1(day 1-4 weeks): The immobilizer stays on at all time when not exercising, usually 3-4 weeks. Gravity pendulum exercises (5 minutes--4x/day). Place back in immobilizer when not exercising except to shower. Release wrist strap 4x/day x 20 seconds to bend and extend elbow, then reattach. Can passively forward elevate 135 degrees and externally rotate to 30 degrees with arm at the side. Begin gripping exercises with ball or putty. AROM of cervical spine. Cryocuff use encouraged.

Stage 2(2-4 weeks): Can wall climb forward and lateral to 135 degrees 4x/day.(or 4-6 weeks if modification if checked above). Can passively or actively externally rotate up to 30 degrees at side and 90 abduction. Passive horizontal flexion 20 degrees passed straight in front of body. If these motions are achieved: PRE and 1-2 pounds strengthening can be initiated. Shoulder shrugs and ROM retraining, no passive stretching beyond above limits; postural retraining. Can initiate deltoid strengthening, elastic tubing or Theraband or free weights, wall pulleys.

Stage 3(4-8 weeks): Can initiate peri-scapular, deltoid, biceps, triceps strengthening with elastic tubing, free weights, wall pulleys. Emphasize posture, scapular stabilization (protraction, retraction, and elevation), and external/internal muscular endurance. Range of motion as tolerated.

Stage 3(8 weeks-12 weeks): Advance to home program or self directed gym program, teaching PNF patterns, upright rows, shoulder strengthening and endurance. You may monitor this 1-2 x/month and make adjustments. Patient should avoid overhead activities and vibration. Patient may gradually progress up to lifting, pushing, pulling up to 25% of "normal" load. Range of motion as tolerated.

Stage 4(12 weeks and beyond): Progress on to regular activities within 50% of "normal" lifting, pushing, pulling." Range of motion as tolerated.