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Rehabilitation Guidelines following Total/Hemi Shoulder Arthroplasty Limited Goals

Phase I: 0-3 weeks – exercise 4-6 x/day:

Goals:

1. Stress importance of precautions and performance of home exercise program
2. Allow healing of subscapularis
3. Control pain and inflammation
4. Initiate range of motion exercises (instruct family member, etc. in exercises)

Treatment:

POD # 1: (AM session)

1. Educate patient on precautions
2. Pendulum exercises
3. Elbow AROM, hand squeeze exercises
4. Ice (instruct patient on use of ice at home)

POD # 1: (PM session)

1. Review precautions
2. Pendulums, elbow, AROM, and hand squeezes
3. Supine passive forward elevation stretching in plane of scapula*
4. Supine passive external rotation stretching in plane of scapula (within limits of range achieved in OR)*

POD #'s 2-5:

1. Continue with above until patient is independent with home exercises and precautions
2. Add standing AAROM extension with stick
3. Begin light ADL activities (hand to mouth, writing, etc.)
4. Ice

POD #'s 7-10: (MD visit post-op) -3wks

1. Review home exercise program
2. Initiate PT program

Phase II: 3-8 weeks:**Goals:**

1. Decreased pain and inflammation
2. Increased ADL activity

Treatment:

1. Review all exercises and precautions
2. Add Phase II stretching
 - PROM, extension, IR, and cross body adduction
3. Submaximal rotator cuff isometrics

Phase III: 8-12 weeks:**Goals:**

1. ROM full and pain-free
2. Increase functional activities
3. Begin rotator cuff strengthening

Treatment:

1. Continue with above Phase I strengthening (ER, IR, extension)

Phase IV: 12-16 weeks:**Goals:**

1. Full functional activities
2. Continue to improve strength

Treatment:

1. Continue with all stretches and strengthening
2. Add scapular strengthening
3. Add Phase II strengthening if able

* Applies to athlete or laborer