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Rehabilitation Guidelines following Total/Hemi Shoulder Arthroplasty

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

Goals:

1. Patient education
2. Allow healing of subscapularis
3. Control pain and inflammation
4. Initiate range of motion 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) (likely 30°)

POD #'s 2-5:

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

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

1. Review exercise program, initiate PT
2. Add Phase II stretching (if good tissue quality)
-PROM, extension, IR and cross body adduction

Phase II: 3-8 weeks:

Goals:

1. Decreased pain and inflammation
2. Increased ADL activity
3. Continue stretching until full passive ROM is achieved
4. Initiate strengthening exercises

Treatment:

1. Review all exercises and precautions
2. Add Phase II stretching (if not already)
3. Initiate light isometrics for rotator cuff (may omit internal rotation depending on healing of subscapularis)
4. Progress to Phase I strengthening at 4-6 weeks (IR, ER, extension)
5. Scapular strengthening (should shrugs, scapular retraction)

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

1. PROM full and pain-free
2. Increase functional activities
3. Increase strength of scapular stabilizers

Treatment:

1. Phase II strengthening (abduction, forward elevation, ER @ 45° in POS)
2. Upper extremity PNF
3. Progress resistance of should shrugs, scapular retraction, biceps, triceps

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

1. Full functional activities
2. Return to work or sport*

Treatment:

1. Work or sport specific training*
2. Suggest modifications to work, sport, or functional activities*

* Applies to athlete or laborer