

TOTAL SHOULDER ARTHROPLASTY – REHAB PROTOCOL

Rehabilitation Phase

Phase 1 - Protective

Post-Operative Weeks 0-6

Goals: Decrease pain and inflammation, gradually increase PROM, prevention of muscular inhibition and associated disuse atrophy.

General Precautions:

- ✓ No active IR for 6 weeks if subscapularis repaired
- ✓ No passive ER > neutral, 0 to 6 weeks, if subscapularis repaired
- ✓ No extension past neutral for 6 weeks
- ✓ Keep incision clean and dry
- ✓ Sling wear and no active shoulder elevation for 4 weeks

Range of Motion:

- ✓ Weeks 0 to 6: PROM, Supine AAROM no limits, as tolerated. Limit ER at side to neutral for first 6 weeks. Forward elevation to 130° 0-4 weeks
- ✓ Weeks 4 to 6: Gently start AROM and transition out of sling. May initiate Grade II/III capsular mobilizations, in all ranges

Therapeutic Exercises:

- ✓ Hand gripping and dexterity exercises, pronation/supination, as tolerated
- ✓ Initiate PROM elbow flexion/extension, progressing to AROM exercises
- ✓ Introduction to AAROM pulleys/wand for flexion/extension, IR/ER
- ✓ Initiation of scapular retraction/depression exercises

Modalities:

- ✓ Moist heat pre-treatment, if incision is well-healed, to avoid erythema/swelling
- ✓ Cryotherapy post-treatment recommended 3 to 4 times daily at home
- ✓ Ultrasound, interferential electrical stimulation, HVGS to control pain and swelling
- ✓ FES for muscle re-education

Criteria for Progression: Non-painful PROM, within prescribed guidelines.

Rehabilitation Phase

Phase 2 – Early Strengthening

Post-Operative Weeks 6-12

Goals: Decrease pain and inflammation and avoid overuse injuries, normalize strength and AROM, increase function capacity for daily activities.

At 6 weeks, PROM should be equal to pre-op level.

Range of Motion:

- ✓ Expand PROM to 160+° elevation
- ✓ 60° ER in neutral abduction
- ✓ Total rotational mobility of 80° at 45° abduction
- ✓ 90° abduction with 40° each, IR/ER
- ✓ Considerations: Expand AROM with negative shrug sign
- ✓ Grade II-IV capsular mobs with emphasis on postero-inferior capsule

Therapeutic Exercises:

- ✓ Initiate AAROM, progress to AROM, all planes
- ✓ Initiate submaximal, pain free isometrics, weeks 4 to 6, from neutral
- ✓ Progress to isotonic strengthening, week 6+, for elbow/RC, with high volume and low intensity, to avoid overuse phenomena
- ✓ Considerations: Initiate at neutral position, progressions made only without pain
- ✓ Scapular stabilizer strengthening
- ✓ Initiate with CKC exercises
- ✓ Scapular retraction, protraction, depression, shoulder shrugs

Modalities: continue PRN to control pain and inflammation

Criteria for Progression: non-painful AROM, within prescribed guidelines