

**TOTAL SHOULDER REPLACEMENT POST-OPERATIVE REHABILITATION
PROGRAM (Regular rehab. Group)**

The goal of the rehabilitation process is to provide greater mobility to the patient than before the surgery. In addition, stability of the shoulder is vital and essential to normal non-painful shoulder function. The key to the success of the rehabilitation following total shoulder replacement is compliance to your exercise program.

PHASE I: IMMEDIATE MOTION PHASE (WEEK 0-4)

GOALS:

- Increase passive ROM
- Decrease shoulder pain
- Retard muscular atrophy and prevent RTC shutdown

EXERCISES:

1. Continuous passive motion (CPM)
2. Passive range of motion
 - a. Flexion (0°- 90°)
 - b. ER (at 30° abduction) 0°- 30°
 - c. IR (at 30° abduction) 0°- 35°
3. Pendulum exercises
4. Elbow/wrist ROM
5. Grasping exercises for hand
6. Ice & modalities
7. Isometrics (day 10)
 - a. Abductors
 - b. ER/IR
8. Electrical muscle stimulation (if needed)
9. Rope and pulley (2nd week)

PHASE II: ACTIVE MOTION PHASE (WEEK 4-10)

GOALS:

- Improve shoulder strength
- Improve range of motion
- Decrease pain/inflammation
- Increase functional activities

EXERCISES:

1. AAROM exercises with L-bar (begin week 2)
 - a. Flexion
 - b. ER
 - c. IR
2. Rope and pulley
 - a. Flexion
3. Pendulum exercises
4. AROM
 - a. Seated flexion (short arc 45° - 90°)
 - b. Supine flexion
 - c. Seated abduction (0° - 90°)
5. Exercise tubing IR/ER (week 4)
6. Dumbbell biceps/ triceps
7. Scapulothoracic strengthening
8. Joint mobilization

PHASE III: Strengthening Phase

*Initiation of this phase begins when patient exhibits:

1. PROM : flexion 0-160
ER 0°- 75°
IR 0°- 80°

2. Strength level 3/5 for ER/IR/ABD

**Note: Some patients will never enter this phase*

GOALS:

- Improve strength of shoulder musculature
- Neuromuscular control of shoulder complex
- Improve functional activities

EXERCISES:

1. Exercise tubing
 - a. ER
 - b. IR
2. Dumbbell Strengthening
 - a. Abduction
 - b. Supraspinatus
 - c. Scapulothoracic
3. Stretching exercises
4. L-bar stretches
5. Rope and pulley