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Rehabilitation Guidelines for Total Shoulder Arthroplasty

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| <p>PHASE I: 0-3 Weeks (Exercise 4-6x/ day):</p> <p>GOALS:</p> <ol style="list-style-type: none">1. Stress importance of precautions and performance of HEP.2. Allow healing of subscapularis = no active IR/ER or excessive ER stretching.3. Control pain and inflammation.4. Initiate ROM exercises (instruct family members, etc.) <p>TREATMENT</p> <p>POD #1: (a.m. session)</p> <ol style="list-style-type: none">1. Educate pt. on precautions2. Pendulum exercises3. Elbow, wrist and digit/thumb ROM4. Ice (educate on use at home) | <p>PHASE II: 6-8 weeks</p> <p>GOALS:</p> <ol style="list-style-type: none">1. ROM pain free and full.2. Increase ADL activity <p>TREATMENT:</p> <ol style="list-style-type: none">1. Continue with current treatment.2. Add Phase II stretching – in extension, IR, and cross body adduction.3. Full PROM in ER4. Add AROM in all planes. *Avoid combined ER and ABD.5. Add sub-maximal RC isometrics. |
| <p>POD #1: (p.m. session)</p> <ol style="list-style-type: none">1. Continue above and educate pt./caregiver on following: | <p>PHASE III: 8-12 weeks</p> <ol style="list-style-type: none">1. Continue with above2. Add Phase I RC strengthening. |
| <p>PHASE I STRETCHING: Add supine P/AAROM forward elevation stretching in plane of scapula (with wand or with non-involved hand) and P/AAROM in ER < 40° (with wand).</p> <p>*NO PULLEYS*</p> <p>POD #2-6 weeks:</p> <ol style="list-style-type: none">1. Continue with above until pt. is independent with HEP and precautions.2. Begin light ADL activities (hand to mouth, writing, etc.)3. Add standing AAROM in ER with shoulder in neutral < 40° (with wand)4. Ice | <p>PHASE IV: 12-16 weeks</p> <p>GOALS:</p> <ol style="list-style-type: none">1. Return to functional activities.2. Continue to improve strength <p>TREATMENT:</p> <ol style="list-style-type: none">1. Continue all stretches and strengthening.2. Add scapular strengthening.3. Add Phase II strengthening if able. |



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