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## Rehabilitation Protocol

### Shoulder Arthroplasty

#### Phase 1: Hospital to 1<sup>st</sup> Follow up – Protect Subscapularis (0 to 2 weeks)

- Patients may shower immediately over clear plastic, waterproof dressing
- Waterproof (tegaderm) dressing will be removed by surgeon at 1<sup>st</sup> post-op visit
- Sutures are all underneath the skin and will dissolve on their own
- **Sling should be worn at all times** with the only exceptions of bathing/showering, changing clothing, and performing therapy/rehab exercises.
- While lying supine, the distal humerus/elbow should be supported by a pillow or towel roll to avoid shoulder extension
- Therapist should teach the following in hospital on POD1 to be performed 3 times per day starting **immediately** after surgery:
  - Elbow, forearm, and hand AROM
  - Supine passive ROM – flexion to 130, ER to 20 – See Handout  
\*\*\*Supine exercises should be performed with a small towel placed behind the elbow to avoid shoulder hyperextension and anterior capsular stretch\*\*\*
  - **Emphasize home program and proper home program safety**

#### Phase 2: Protect the Subscapularis (2 to 6 weeks)

- Sling should be worn at night and when out of house. May remove the sling for brief during the day with the following restrictions:
  - Limit ER to 20
  - No resisted IR
  - Avoid extension of shoulder
  - Avoid reaching behind the back
  - Do not lift anything greater than 2 to 3 lbs with the involved hand (“no heavier than a coffee cup”)
  - While lying supine, the distal humerus/elbow should be supported by a pillow or towel roll to avoid shoulder extension
- Continue Phase 1 exercises with the addition of:
  - Pendulums
  - AAROM - Pulleys into scapular plane elevation to 130, ER to 20
  - Supine AAROM into flexion and ER with above limits
  - Emphasize home program

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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### **Phase 3:** (*6 weeks -10 weeks*)

- Discontinue sling use
- Lifting restriction of 10 pounds remains
- Advance AROM and PROM as tolerated
  - Maintain ER limit of 30 until 10 weeks.
  - Advance elevation as tolerated
- Scapular stabilizer strengthening.
- Strengthen rotator cuff and shoulder musculature (Isometrics, Theraband, dumbbell, etc).  
AVOID RESISTED IR OR EXTENSION UNTIL 10 WEEKS.

### **Phase 4:** (*>10 weeks*)

- Advance shoulder ER range of motion as tolerated (Light stretching only).
  - Anticipate some shoulder stiffness for up to 6 months (and maybe longer), especially in ER
- May initiate subscapularis strengthening (resisted IR and extension).
- Advance shoulder and rotator cuff strengthening as tolerated.
- Incorporate low level functional activities at 3 months (swimming, water aerobics, light tennis, jogging)
- Start higher-level activities at 4 months (tennis, light weight training, and golf).
- Initiate functional progression to sports specific activities after 4 months.