

Specializing in Upper Limb and Trauma Surgery

SHOULDER ARTHROPLASTY REHABILITATION PROTOCOL

PHASE 1 (0 TO 6 WEEKS) Wear sling for 6 weeks, removing only for exercises

- * All exercises should be done without force or pain. AROM of flexion, abduction, external rotation to begin at week 4.
- Initiate elbow, wrist, and hand exercises (including grip strengthening)
- Pendular exercises
- Passive to active assisted to active forward flexion and abduction (supine → standing) Forward flexion as tolerated, Abduction limited to 45 degrees
- Passive to active assisted to active external rotation at side to 30 degrees. Start supine with towel under elbow and progress to standing
 - ▶ Belly to zero degrees first 4 weeks
 - ▶ Progress Slowly to 30 degrees starting at week 4
- No active internal rotation but can do passively in abducted position (scapular plane and abducted to 30 degrees) *Limit passive internal rotation to 60 degrees
- Scapular retraction “setting” exercises. Do not extend arms backwards

****No resisted internal rotation, extension, or scapular retraction****

PHASE 2 (6 TO 12 WEEKS) Discontinue sling gradually over 1 week period

- Increase range of motion as tolerated (Limit shoulder hiking during active range of motion)
- Begin active assisted / active internal rotation and extension as tolerated
- Begin light resisted forward flexion, abduction, and external rotation
- Begin light resisted elbow flexion
- Begin resisted scapular retraction being careful not to stretch anterior capsule or subscapularis

****No resisted internal rotation or extension****

PHASE 3 (12 WEEKS TO 12 MONTHS)

- Progress to full range of motion without discomfort
- Begin resisted internal rotation and extension
- Advanced strength training as tolerated
 - Rhythmic Stabilizations, combined movements, closed chain activities

****No exercises that stress anterior capsule and subscapularis excessively**
(I.E no combined abduction/ external rotation greater than 80 degrees abduction)**