

TOTAL SHOULDER REPLACEMENT PROTOCOL

Patient education: no active elevation or excessive rotation 1st 4 weeks. Do not lean on arm. Support arm with pillows under arm when sitting, and under upper arm when lying down, even with sling on. Ice 15-20 3-4 x day for pain/edema. Do exercises as prescribed by physical therapist.

WEEK 0 – 4:

PROM: flexion/scaption 0 – 90, ER 20-30, IR 30-35 in 30 degrees abduction
Pendulum exercises
Shoulder shrugs/squeezes – scapular motion only
Gripping

Week 2 add: shoulder submax isometrics with elbow flexed 90 degrees and a towel roll between arm and body: abduction, ER/IR

Week3: add submax isometric flexion/extension
Pulley flexion
Wand ER/IR supine with arm supported on towel roll

Week 4: add wand flexion supine
Supine A/A flexion and D2 flex/ext
Progress to AROM supine flexion, D2 as able
A/A sidely ER to 30 degrees
Bicep/tricep ex

WEEK 5 – 6:

PROM: Flexion/scaption 120, ER 40, IR 50 (in 30, 60, 75 degrees of abd)
Supine flexion and D2 with weight
Short arc standing flexion and scaption (can assist with wand if needed at 1st)
Sidely ER active, progress to dumbbell
Theraband light standing extension/row

WEEK 6 – 7:

Add theraband ER/IR
Week 7: progress ROM to flex/scaption 140, ER 60, IR 55-60

WEEK 8 – 10:

Full available ROM standing flexion/scaption with dumbbell
Add prone horizontal abduction if tolerated
Progress strength and ROM as tolerated

Please call with any questions!