

Anatomic Shoulder Replacement Protocol

Sling should be worn for 6 weeks. May remove for treatment. Patient may also remove sling for activities such as eating, writing, computer work, and personal hygiene. Please provide daily home program for each phase.

PHASE 1 (weeks 1-6) Goals - pain control, reduction of inflammation, protect subscapularis repair, initiation of passive ROM (range of motion), & maintenance of cardiovascular health.

PHASE 1A (weeks 0-4)

- Remove sling three times per day for the following:
 - Active range of motion at wrist, elbow and hand
 - Pendulums – 3 times per day, 5 minutes each, size of a dinner plate (Figure 1)
 - Scapular retraction
 - Squeeze exercise ball often
- Use ice to control pain and inflammation
- Maintain cardiovascular health using walking or exercise bike

PHASE 1B (weeks 5-6)

- Continue phase 1A regimen
- Add table slides (Figure 2)
- Gentle passive and active-assisted forward flexion – Begin with supine forward flexion, then add pulley. Goal is 90° by 6 weeks post op.

Restrictions:

- No active shoulder ROM.
- No reaching behind back
- No ER (external rotation) past neutral (0°) to protect subscapularis repair

PHASE 2 (week 7 through month 3) Goals - restoration of glenohumeral and scapulothoracic ROM, protect subscapularis repair, & maintenance of cardiovascular health.

- Wean out of sling
- Advance activities of daily living – deskwork, hygiene, eating, etc. No lifting over 2 lbs.
- **Range of Motion**
 - Begin with supine active assisted ROM → to supine active ROM → seated and standing active ROM when adequate scapular control is demonstrated.
 - Wand Exercises – Flexion, abduction, and ER. Advance as tolerated. Limit ER to 30° until 10 weeks post-surgery.
 - Progress supine → seated → standing
 - Pulley work for flexion
 - Advance table slides to wall slides by 12 weeks
 - Goals: forward elevation of 120° upright and 140° supine by 3 months.

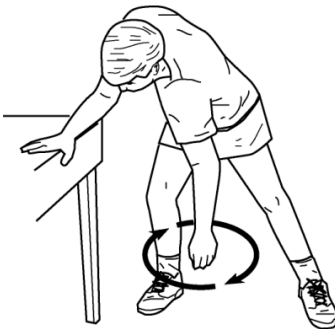
- **Strength**
 - Limit to wrist and hand strengthening. No resisted supination.
- **Restrictions:**
 - No aggressive ER stretching. Limit ER to 30° until 10 weeks post-surgery.
 - No internal rotation stretching behind back.
- Continue lower extremity and trunk exercises
- Maintain cardiovascular health using walking, exercise bike, etc

PHASE 3 (> 3 months) Goals - continue strengthening, correct residual deficits in ROM and glenohumeral/scapulothoracic dynamics, maintenance of cardiovascular health, and preparation for return to normal activity.

- Continue range of motion work without restrictions
- Add Isometric shoulder strengthening at 3 months
- Add progressive dynamic shoulder strengthening at 4.5 months post-surgery
- Internal rotation stretching now safe, limiting to L-3 until 4 months post-surgery
- Maintain cardiovascular health with walking, exercise bike, and may add jogging

Home Exercise Guide for Phase 1

Figure 1. Pendulum Exercise



Bend at the waist so your arm is hanging down.

You may want to hold onto a table or counter for support.

Gently rock your body weight side to side or in a circular motion to move your arm in circular pattern.

After 30 seconds or so, reverse your movement so your arm moves in the opposite direction.

Figure 2. Table Slide Exercise



Sit in a chair sideways next to a table. Lay your arm on the table, pointed forward.

Slowly lean forward. Slide your arm forward on the table. Feel the stretch in your shoulder.

Hold for 5 seconds. Slowly sit back up.

Repeat 5 times.



Tip: Use a washcloth under your hand to reduce friction between hand and table