

## Rehabilitation Protocol Shoulder Arthroplasty

Date of Surgery: \_\_\_\_\_

RIGHT

LEFT

Frequency of Visits: 2-3x/ week x 6 weeks

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

- Patients may shower immediately over plastic, waterproof dressing
- Waterproof 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 exception of showering and while performing shoulder 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:
  - 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

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

- Sling should be worn at night and when out of house. May remove the sling 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
  - 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

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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).
- 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 at 4 months.

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