

TOTAL SHOULDER REPLACEMENT PROTOCOL

PHASE I (0-6 WEEKS):

*Sling used

Restrictions:

- Week 1
 - 120° FLEX
 - 20° ER
 - 75° ABD
- Week 2
 - 140° FLEX
 - 40° ER
 - 75° ABD
 - NO active IR, EXT

ROM:

- Codman/pendulum exercises
- PROM to limit
- Capsular stretches: ANT, POST, INF
- AAROM: FLEX, EXT IR, ER
- Progress to AROM as tolerated

Strengthening:

- Grip strength only

Criteria to progress to phase II:

- Minimal pain and tenderness
- Almost full ROM
- Intact subscapularis w/o evidence of tendon pain on resisted IR

PHASE II (6-12 WEEKS):

Restrictions:

- Increase ROM goals:
 - 160° FLEX
 - 60° ER
 - 90° ABD

ROM:

- Goals as above
- ↑ AROM in all directions
- Passive stretching
- Joint mobilizations for capsular restrictions

Strengthening:

- RTC strengthening 3x/wk to prevent RTC tendonitis
 - Closed chain isometrics
 - ER
 - ABD
 - Progress to open-chain with theraband
 - Concentric: ER, ABD, FLEX
 - Eccentric: ER, ABD, FLEX
 - Isotonic dumbbell exercises
 - ER, ABD, FLEX
 - Scapular stabilizer strengthening
 - Scapular retraction/protraction
 - Scapular Depression & shrugs

PHASE III (3-12 MONTHS):

ROM:

- ROM equal to opposite side
- Utilize both AROM & PROM exercises to maintain motion

Strengthening:

- Begin IR & EXT strengthening
- Scapular stabilizing strengthening
- Deltoid strengthening
- Plyometric exercises

References:

Brozman SB, Wilk KE. *Clinical Orthopaedic Rehabilitation*. 2nd ed. Philadelphia, PA: The Curtis Center; 2003.