

# Rehabilitation Protocol: Total Shoulder Replacement

## Dr Shane Hanzlik

### Phase I (Weeks 0-6)

- Sling immobilization for first 4-6 weeks-out of sling to do home exercise program (pendulums) twice daily
- **Range of Motion** - PROM -> AAROM -> AROM as tolerated except **No Active Internal Rotation/Backwards Extension For 6 Weeks (Protect Subscapularis Repair)**
  - **Week 1 Goal:** 90° Forward Flexion, 20° External Rotation at the Side, Maximum 75° Abduction
  - **Week 2 Goal:** 120° Forward Flexion, 40° External Rotation at the Side, Maximum 75° Abduction
- **Therapeutic Exercise**
  - Grip Strengthening
  - Pulleys/Cane
  - Elbow/Wrist/Hand Exercises
  - Teach Home Exercises - Pendulums
  - Heat/Ice before and after PT sessions

### Phase II (Weeks 6-12)

- **Discontinue sling if still being worn**
- **Range of Motion** -AAROM/AROM - increase as tolerated with gentle passive stretching at end ranges
  - Begin Active Internal Rotation and Backward Extension as tolerated
- **Therapeutic Exercise**
  - Begin light resisted exercises for Forward Flexion, External Rotation and Abduction - isometrics and bands - Concentric Motions Only
  - **No Resisted Internal Rotation, Backward Extension or Scapular Retraction**
  - Modalities per PT discretion

### Phase III (Months 3-12)

- **Range of Motion** - Progress to full AROM without discomfort
- **Therapeutic Exercise**
  - Begin resisted Internal Rotation and Backward Extension exercises
  - Advance strengthening as tolerated - Rotator Cuff, Deltoid and Scapular Stabilizers
  - Begin eccentric motions, plyometrics and closed chain exercises
  - Modalities per PT discretion