

Hemi/Total Shoulder Arthroplasty Rehabilitation

Pre-op Instruction

- Sling and cryocuff instruction. Must sleep with sling on, but may be out of sling while sitting at home and other non “at risk” activities.
- May begin gentle passive range of motion (PROM) activities excluding external rotation.
- Incision—Keep dry for first 48 hrs. Remove dressing after two days. Keep dry until the staples are removed 7-10 days post-op. Watch for excessive redness or discharge.

Phase I - Maximum Protection (Weeks 0 to 4)

0 to 2 weeks:

- Begin PROM exercises as instructed by your therapist including gentle external rotation at the end of week 1.
- Pendulum exercises should also be performed. The PROM and Pendulum exercises should be performed 2-3 times a day.
- Physical therapy treatment should focus on pain relief using appropriate modalities. Grade 1 and 2 mobilization along with PROM should be performed. Perform gentle external rotation with a goal of 20 degrees at end of week 2. Flexion and Abduction goal are 90 and 70 degrees respectively.

Weeks 2 to 4:

- Continuation of home program as previously instructed.
- Physical Therapy treatment continues with Grade 1 and 2 mobilization and PROM. ROM goals at end of week 4: Flexion 100, Abduction 90, External Rotation 40, Internal Rotation 35.

Phase II- Progressive ROM and early strengthening (Weeks 4 to 8)

Weeks 4 to 6:

- Begin active assistive exercises at week 4 post-op (all ranges except IR). Use of wand exercises and pulleys is permitted. Limit external rotation to 40 degrees.
- Physical Therapy treatment to include Grade 2 and 3 mobilization along with PROM. Begin active scapular motion (shrugs, retraction, depression). PROM goals at the end of week 5: Flexion 110, Abduction 95, External Rotation 40, Internal Rotation 40.

Weeks 6 to 8:

- Advance to active range of motion (AROM) program all ranges excluding IR which is initiated at week 7.
- Continue facilitating scapular stability during AROM.
- Add UBE.
- Isometric exercises excluding resisted IR until week 7.
- Physical Therapy treatment includes joint mobilization grade 3 along with PROM. PROM goals at end of week 7: Flexion 120, Abduction 110, External Rotation 50, Internal Rotation 40.

Phase III- Advanced Strengthening and Proprioception Phase (Weeks 8 to 12)

Weeks 8 to 10:

- Continue with AROM and add resisted exercise using thera-band below 90 degrees (all planes).
- Physical Therapy treatment to include joint mobilization grade 3 and 4 along with PROM. May add manual resisted exercises including PNF. Focus on proper scapulohumeral rhythm.

Weeks 10 to 12:

- Continue motion as needed. Progress to resistance with activities above shoulder level.
- Physical Therapy treatment to focus on maximizing PROM and AROM with proper scapulohumeral rhythm.

Phase IV-Advanced Strengthening and Running Progression

Weeks 13+

- Return to regular activity.

Maintenance program:

- Daily stretching (all planes)
- Strengthening 2-3 times/week