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## Rehabilitation Instructions: Total Shoulder Replacement (Anatomic)

**WEEKS 0–1:** No formal outpatient therapy, healing phase at home for tissue recovery

- **Sling with pillow:** Wear at all times except for hygiene, grooming, home exercises
- **Arm position:** Arm at side or in front; when reclining, a pillow should be placed behind the elbow with sling in place so the elbow is always visible
- **Range of Motion:** No shoulder ROM (except pendulums); elbow/wrist motion ONLY
- **Exercises:** Pendulums when pain permits, gripping

**THERAPY Phase I (Weeks 1 – 6 after surgery):** Early joint mobilization with protection of subscapularis repair

- **Sling:** Wear sling at all times with above exceptions (with arm at side may feed, brush teeth, type, get dressed, home exercises encouraged 5x/day) until 6 weeks, discontinue when cleared in clinic
- **Arm position:** as above, no internal rotation strengthening or passive IR behind the frontal plane (no extension)
- **Range of Motion:** PROM/AAROM progression with goal 130 elevation in scapular plane and 30 ER by 6 weeks
- **Exercises:** pendulums, supine well arm assisted elevation and ER with stick, pulley elevation if pain permits, isometrics with focus on deltoid and external rotators
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**THERAPY Phase II (Weeks 6 – 12 after surgery):** Active motion, resumption of normal activities, stretches

- **Sling:** Discontinued, encourage progressive use of the arm for routine activities
- **Arm position:** Progress to full as tolerated
- **Range of Motion:** AROM without formal restrictions, initiate gentle functional IR up the back
- **Exercises:** continue Phase I, progress activities of daily living (activities involving arm away from body with normal scapular mechanics and natural movement patterns), stretches such as table slides and wall walks as tolerated with limits based on pain, advance as tolerated for concentric cuff, deltoid, scapular stabilizers with emphasis on bands and high rep, low weights (<5#)
- **Modalities:** As previous, consider aquatic therapy for slow active motion with arm at water surface

**THERAPY Phase III (Weeks 12 – 16 after surgery):** Final strengthening, complete functional independence



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- **Range of Motion:** increase as tolerated with passive stretching at end ranges including terminal ER, stretches in IR up the back
- **Exercises:** continue Phase I/II with home program education, progress for work related tasks and hobbies, strengthening with bands with focus on low weigh high rep (should be able to do 20 reps), functional strength for all ADLs
- **Athletics:** light athletics at 12 weeks including jogging, chipping/putting and higher level athletics at 16 weeks including running, tennis, golf, light weight training
- **Criteria for discharge home:** pain free active ROM for shoulder elevation, independence with home maintenance program