

Palmetto Health USC

ORTHOPEDIC CENTER

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POSTOPERATIVE REHABILITATION PROGRAM TOTAL SHOULDER REPLACEMENT (Regular Rehab Group)

The goal of the rehabilitation process is to provide greater mobility to the patient than before the surgery. In addition, stability of the shoulder is vital and essential to normal non-painful shoulder function. The key to the success of the rehabilitation following total shoulder replacement is compliance to your exercise program.

I. PHASE I - IMMEDIATE MOTION PHASE (Week 0-4)

- A. Goals
 - 1. Increase passive range of motion
 - 2. Decrease shoulder pain
 - 3. Retard muscular atrophy and prevent RTC shutdown

- B. Exercises
 - 1. Continuous passive motion (CPM)
 - 2. Passive range of motion
 - flexion (0-90°)
 - ER (at 30° abduction) 0-30°
 - IR (at 30° abduction) 0-35°
 - 3. Pendulum exercises
 - 4. Elbow/wrist range of motion
 - 5. Gripping exercises for hand
 - 6. Ice and modalities
 - 7. Isometrics (Day 10)
 - abductors
 - ER/IR
 - 8. Electrical muscle stimulation (if needed)
 - 9. Rope and pulley (2nd week)
 - 10. UBE (week 3-4)

II. PHASE II - ACTIVE MOTION PHASE (Week 4-10)

- A. Goals
 1. Improve shoulder strength
 2. Improve range of motion
 3. Decrease pain/inflammation
 4. Increase functional activities

- B. Exercises
 1. Active assisted range of motion exercises with L-Bar (begin Week 2)
 - flexion
 - ER
 - IR
 2. Rope and pulley
 - flexion
 3. Pendulum exercises
 4. AROM exercises
 - seated flexion (short arc 45-90°), seated abduction
 - supine flexion
 5. Exercise tubing IR/ER (Week 4)
 6. Dumbbell biceps/triceps
 7. Scapulothoracic strengthening
 8. Joint mobilization

III PHASE III - STRENGTHENING PHASE

- A. Initiation of this phase begins when patient exhibits
 1. PROM
 - Flexion 0-160°
 - ER 0-75°
 - IR 0-
 2. Strength level 3/5 for ER/IR/ABD

- B. Goals
 1. Improve strength of shoulder musculature
 2. Neuromuscular control of shoulder complex
 3. Improve functional activities

- C. Exercises
 1. Exercise tubing
 - ER/IR
 2. Dumbbell strengthening
 - abduction
 - supraspinatus
 - scapulothoracic
 3. Stretching exercises
 4. L-Bar
 5. Rope and pulley