

Palmetto Health **USC**

ORTHOPEDIC CENTER

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POSTOPERATIVE REHABILITATION PROGRAM TOTAL SHOULDER REPLACEMENT (Tissue Deficient Rehab Group)

The goal of the rehabilitation process is to provide greater joint stability to the patient, while decreasing their pain and improving their functional status. The goal of the tissue deficient group (bone loss, muscle loss) is joint stability and less joint mobility. The key to the success of the rehabilitation following 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 muscle atrophy

- B. Exercises
 - 1. Continuous passive motion (CPM)
 - 2. Passive range of motion
 - flexion (0-90°)
 - ER (at 30° abduction) 0-20°
 - IR (at 30° abduction) 0-30°
 - 3. Pendulum exercises
 - 4. Elbow/wrist range of motion
 - 5. Gripping exercises
 - 6. Isometrics
 - abductors
 - ER/IR
 - 7. Rope and pulley (2nd week)
 - 8. Active assistive motion exercises (when able)

II. PHASE II - ACTIVE MOTION PHASE (Week 4-12)

- 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 2-3 when able)
 - flexion
 - ER/IR
 2. Rope and pulley
 - flexion
 3. Pendulum exercises
 4. AROM exercises
 - seated flexion (short arc 45-90°)
 - supine flexion (full available range)
 - seated abduction (0-90°)
 - exercise tubing IR/ER (Week 4-6)
 - dumbbell biceps/triceps
 5. Gentle joint mobilization (Week 6-8)

III PHASE III - STRENGTHENING PHASE

- A. Initiation of this phase begins when patient exhibits
 1. PROM
 - Flexion 0-120°
 - ER (at 90° abduction) 30-40°
 - IR (at 90° abduction) 45-55°
 2. Strength level 4/5 for ER/IR/ABD

Note: some patients will never enter this phase.

- B. Goals
 1. Improve strength of shoulder musculature
 2. Improve and gradually increase functional activities
- C. Exercises
 1. Exercise tubing
 - ER/IR
 2. Dumbbell strengthening
 - abduction
 - supraspinatus
 - flexion
 3. Stretching exercises
 4. L-Bar Stretches
 - flexion
 - ER/IR