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## TOTAL SHOULDER REPLACEMENT THERAPY PROTOCOL

### SPECIAL CONSIDERATIONS \_\_\_\_\_

#### Stage I (1-2 weeks)

##### Sling to be worn until 1<sup>st</sup> postoperative visit

- When you are home you may remove the sling for tabletop activities within pain tolerance such as eating, brushing teeth, keyboard, and writing.
- You may also have your sling off when performing physical therapy exercises
- You should remove your sling several times daily for home exercises for the shoulder, elbow and wrist at home
  - straighten your elbow
  - pendulum exercises
  - hand and wrist motion
  - Use fingers to climb up the wall and slide on a table
- You may take a shower and get the wound wet after 1 week. Do not soak (bath, hot tubs) for 3 weeks

#### Physical Therapy Exercises

- A. PROM/AAROM follow specific limits to ROM if ordered
- Pendulum
  - Pulleys – flexion and abduction in scapular plane with neutral rotation (palm down)
  - Passive forward flexion in supine with neutral rotation
  - Wand exercises
    - flexion – supine and standing
    - abduction in scapular plane standing
    - extension
    - **external rotation to 20 degrees** unless otherwise specified
- B. Easy isometric exercises  
ER, extension, flexion and abduction in the scapular plane
- C. Scapular stabilization exercises



## **Stage II (2-6 weeks)**

### **A. AROM**

1. Active flexion in scapular plane (no limit)
2. Gradual increase of activities from supine to vertical
3. Continue isometric exercises
4. Scapular stabilization exercises
- 5. No active internal rotation**
- 6. External rotation to be limited to 20 degrees**

## **Stage III (6 weeks until 3 months)**

The protocol is now like impingement protocol.

### **A. Isotonic shoulder exercises as tolerated.**

1. To be performed with free weights
2. Repetitions 20-30 before adding/progressing weights
3. Start against gravity with weight
  - 2 oz. (butter knife)
  - 4 oz. (tuna can)
  - 8 oz. (soup can)
  - 1# weight
  - 2# weight, etc.

### **B. Scapular stabilization exercises**

### **C. Active internal rotation strengthening**

### **D. May externally rotate beyond 20 degrees (Active, no excessive passive stretch)**

## **Stage IV (3months)**

- A. Return to all functional activities (includes golf)**
- B. See activity guide after Total Shoulder Replacement**
- C. Avoid jamming activities – hammering, contact sports**

This protocol provides you with general guidelines for the rehabilitation of the total replacement shoulder patients. Specific changes in the program will be made by the physician as appropriate for an individual patient. If you have any questions regarding the progress of the patient please contact **Dr. Miller at Boston Sports & Shoulder Center at 617-264-1100.**