TOTAL SHOULDER ARTHROPLASTY

GOALS:
POSTOPERATIVE REHABILITATION
Pain Relief
Maximize ROM
Maximize Strength
Wound Care

PHASE I: ACUTE MANAGEMENT

❖ POD 1-3
➢ GOALS
  ▪ Pain Management
    • Sling/support
    • Medication
    • Modalities as needed
  ▪ PROM Initiation
    • Codmans
    • Overhead 0-90° scapular plane
    • External rotation 30-40° at 30° abduction
  ▪ Start scapular plane AROM
  ▪ Dressing change/Wound care till healed

❖ POD 4- WEEK 2
➢ Continue modalities
➢ Continue codmans
➢ Overhead pulleys
➢ Deltoid and rotator cuff isometrics with glenohumeral joint in neutral
PASSIVE:
- Shoulder flexion with elbow flexed
- Shoulder abduction with arm internally rotated
- Shoulder external rotation to neutral with arm adducted

ACTIVE:
- Elbow flexion and extension
- Forearm supination and pronation
- Hand and wrist movements

PHASE II: SUBACUTE PHASE EARLY STRENGTH TRAINING

WEEK 3 – 6

GOALS
- Pain management
  - Increase PROM
  - Initiate strength
- PROM
  - Overhead motion to 120°
  - External rotation (gentle) to 60° @ 70° abduction in scapular plane
  - Internal rotation to 50° @ 70° abduction
  - Grade I – IV Glenohumeral and Scapulothoracic joint mobilizations
- STRENGTH
  - No active internal rotation until 6 weeks
  - Begin active ROM without weight in biomechanically correct ROM only
    - Elevation in the scapular plane (progress supine – inclined – upright)
    - Prone rowing
    - Serratus “punches” supine
    - Sidelying ER

PHASE III: MAXIMUM STRENGTH TRAINING

WEEK 6-12

GOALS
- Maximize AROM/PROM
- Maximize strength

ROM: IDEAL GOALS
- Overhead 160°
- External rotation 90° @ 90° abduction
- Internal rotation 60° @ 90° abduction

STRENGTH: MAXIMIZE
- Total arm strength
- Rotator cuff
- Biceps/triceps
- Scapular stabilizers
  - GRADUALLY ADD THE FOLLOWING:
    - Periscapular strengthening (wall push ups, upright rowing, etc.)
    - Manually resisted PNF patterns
    - ER, IR and PNF patterns on pulleys
    - ER, IR @ 90º abduction
    - “Empty can” exercise
    - Begin functional progression for sports/activity specific tasks