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REHAB PROTOCOL: Anatomic Total Shoulder Arthroplasty

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

PHASE I (Protection phase): Weeks 0-6

Precautions

- **NO** pushing yourself from chair or bed with the operative arm
- **NO** picking up heavy objects or reaching out for objects
- **NO** Internal Rotation behind the back (reaching for the back pocket or for tucking in the shirt)
- **NO** Resistive Internal Rotation, **NO** stretching in Abduction and rotation
- **NO** body blade, weights or upper body ergometer
- **NO** shoulder extension beyond neutral. “Need to see the elbow at all times”

Immobilization

- Sling for 6 weeks. Patient can come out of the sling for therapy, changing clothes and exercise
- OK to wear the sling in public and crowded places after 6 weeks till you are comfortable

ROM exercises

- Shoulder
 - No active IR or shoulder extension (arm behind neutral) during Phase I
 - No resisted internal rotation during Phase I
 - PROM goals: 120deg FF, 30deg ER at side and ABD max 75deg without rotation
- Hand and wrist exercises (active)

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- Elbow: Limit AROM because of soft tissue biceps tenodesis
- Closed chain scapular exercises (scapular elevation, depression, protraction and retraction)
- Canes/pulleys OK if advancing from PROM during later phase

Phase II (Active range of motion phase): Weeks 6-12

Precautions

- **NO** pushing yourself from chair or bed with the operative arm
- **NO** Internal Rotation behind the back (reaching for the back pocket or for tucking in the shirt)
- **NO** shoulder extension beyond neutral. “Need to see the elbow at all times”

Immobilization

- Discontinue sling at 6 weeks. OK for the patient to wear the sling without pillow in public or crowded places till they get comfortable with the arm.

Exercises

- Shoulder
 - Begin AAROM and AROM for FF, ER and internal rotation and increase ROM as tolerated with gentle passive stretching at end ranges
 - No resisted internal rotation during Phase II
 - Isometrics for ER, FF and deltoid followed by light bands resistive exercises during late part of phase II (10 weeks or so)
 - Scapular strengthening with isometrics

Phase III (Strengthening phase): months 3-4

Precautions

- **NO** upper body ergometer or body blade
- **NO** heavy lifting

Exercises

- ROM: Active range of motion in all planes with end range stretching
- Rotator cuff strengthening: Isometrics, therabands, light weights
- Advance strengthening for rotator cuff, deltoid, and scapular stabilizers after 4th month.
- Begin eccentric motions exercises at 12 weeks.

Modalities



- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____

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