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REHAB PROTOCOL: Shoulder Arthritis

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Precautions

- Moderate to advanced arthritis patient may not get full range of motion especially if they have mechanical block due to osteophytes. **AVOID** excessive passive stretching. The goal is to gain an extra ~20 degrees in all planes without excessive pain.
- Keep elbows bend at 90 degrees while doing all theraband exercises and keep them below shoulder level to avoid excessive pain

PLAN

Phase I: Acute phase of increased pain and inflammation

- Patient education, posture correction and ergonomics
- Outpatient pain medication, joint mobilization, soft tissue mobilization and modalities – ice, heat, ultrasound, etc during the acute phase

Phase II: ROM exercises and stretching

- Passive, active assisted ROM exercises- supine or sitting
- Pulleys (sitting position, in scaption, in front of shoulder)
- Gentle end range stretch in all planes (goal is to gain ~20 degrees ROM in all planes)
- Closed chain followed by resisted scapular exercises (shoulder shrug, scapular protraction, retraction, depression)
- Closed chain anterior deltoid exercises
- Isometrics for middle, posterior and anterior deltoid, IR, and ER

Phase III: Rotator cuff and scapular muscle strengthening

- Theraband resistive exercises
 - 3 heads of the deltoid

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- Internal and external shoulder rotation
- Scapular rotators

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: _____