



REHABILITATION PROTOCOL: TOTAL SHOULDER ARTHROPLASTY

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General Information:

- Time required for full recovery is 9-12 months
- Accelerating rehabilitation for “fast-healers” may inhibit results and lead to recurrent problems or complications
- Patients may never regain full, normal motion, but patients will be encouraged to reach their maximal level of function

Precautions:

- In this procedure, the subscapularis is detached for exposure of the glenohumeral joint and then reattached after surgery is complete. This reattachment must be protected for 6 weeks. During this time, strengthening activities involving internal and external rotation must be avoided.

Immobilization:

- Sling should be worn for the first 48-72 hours
- After 3 days, sling can be removed for light activity such as desk work
- Sling should be worn as needed during the day, whenever the patient is active or in an unprotected environment; it should always be worn at night for the first 6 weeks
- Begin to wean out of sling at **6 weeks post-op**

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Rehab Timeline

0 wks - 2 wks Post-Op

1. Patient education
 1. Sling on at all times
 2. May remove to shower after 3 days post-op

2. Home exercises
 - a. Pendulums
 - b. Elbow/wrist/hand ROM

2 wks – 4 wks Post-Op

1. Wound Inspection
 - o If wound is sealed, it is okay to shower but not soak
2. Exercise
 - o Pendulum exercise without weight
 - Clockwise / Counterclockwise
 - Side-to-side / Front-to-back
 - AAROM exercise – to patient tolerance – with cane and/or table slides
 - Flexion
 - Abduction
 - **External rotation to 20° only or as directed by physician**
 - AROM exercise
 - Elbow flexion/extension
 - Wrist flexion/extension and supination/pronation
 - Shrugs/retractions
3. Modalities – PRN
4. Ice

4 wks – 6 wks Post-Op

1. Scar Mobility
2. Exercise
 - o AROM
 - All planes – **limit ER to 30° or as directed by physician**
 - UBE, forward / reverse
 - Progressive resistive exercise – continue as previous, adding:
 - Serratus punch – supine, without weight
 - Wrist flexion/extension and supination/pronation
3. Modalities – PRN
4. Ice

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6 wks – 8 wks Post-Op

1. Discontinue sling use
2. Exercise
 - AROM
 - All planes – **limit ER to 45°**
 - UBE, forward / reverse and standing off to the side clockwise / counterclockwise
 - Progressive resistive exercise – continue as previous, adding:
 - Shoulder internal / external rotation with low resistance Theraband (limit ER to 45°)
 - Wall push-ups plus, hand in neutral position
 - Rhythmic stabilization
 - Body Blade
 - One-handed grip in neutral position
 - Two-handed grip in front
 - Opposite hand diagonal pattern
3. Grade I / II glenohumeral joint mobilization – as indicated
4. Modalities – PRN
5. Ice

8 wks – 10 wks Post-Op

1. Full PROM, ER to 60°, and advance to fill AROM (ER 60°); able to add stretching in forward elevation (if lacking)
2. Exercise
 - Progressive resistive exercise – continue as previous, adding:
 - *Low resistance / high repetition:*
 - Flexion, abduction, supraspinatus (limit to 70°), prone fly, scapular retraction, prone extension
 - Wall push-ups plus, hands in neutral position
 - Body Blade
 - One-handed grip, abduction to 90°
 - Two-handed grip, flexion to 90°
 - Plyoball
 - Circles – CW / CCW, 1 minute each direction
 - Squares – CW / CCW, 1 minute each direction
3. Grade I / II glenohumeral joint mobilization – as indicated
4. Modalities – PRN
5. Ice

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10 wks – 12 wks Post-Op

1. Full PROM, ER to 60°, continue stretching (forward flexion, abduction, IR, ER)
2. Exercise
 - Progressive resistive exercise – continue as previous, adding:
 - Kneeling push-up
 - Step-up push-up in quadruped position
 - Plyoball diagonal patterns
 - Fitter
 - Side-to-side
 - Front-to-back
 - Progress weight and range of motion as tolerated by patient, with closed and open-chain exercises and proprioceptive activities
3. Glenohumeral joint mobilization – as indicated
4. Modalities – PRN
5. Ice

12-16 wks Post-Op

1. Should have full AROM, ER to 60°, if not, begin passive stretch to achieve full ROM (forward elevation, abduction, IR, ER)
2. Exercise
 - Progressive resistive exercise – continue as previous, adding:
 - Body Blade diagonals – progress to single-leg stance
 - Push-up plus in push-up position
 - Step-ups in push-up position
3. Glenohumeral joint mobilization – as indicated
4. Modalities – PRN
5. Ice

16 wks – 24 wks Post-Op

1. Should have full AROM, ER to 75°, continue passive stretch to achieve full ROM
2. Exercise
 - Continue with exercise program, progressing with weight and endurance as tolerated
3. Grade I / II glenohumeral joint mobilization – as indicated
4. Modalities – PRN
5. Ice
6. Release to perform activities as tolerated

24 wks + Post-Op

1. Progression to full activity as directed by physician

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