

**TOTAL SHOULDER REPLACEMENT  
POST-OPERATIVE REHABILITATION PROGRAM  
(Tissue Deficient Rehab. Group)**

The goal of the rehabilitation process is to provide greater joint stability to the patient, while decreasing their pain and improving their functional status. The goal of the tissue deficient group (bone loss, muscle loss) is joint stability and less joint mobility. The key to the success of the rehabilitation following shoulder replacement is compliance to your exercise program.

**I. PHASE ONE - IMMEDIATE MOTION PHASE (Week 0-4)**

Goals: Allow early healing of capsule  
Increase passive range of motion  
Decrease shoulder pain  
Retard muscular atrophy

**Weeks 0-2**

**Exercises:**

- Sling during day and at night
- Continuous Passive Motion (CPM)
- Passive Range of Motion
  - a. Flexion (0-60 degrees)
  - b. ER (at 30 degrees Abduction) 0 degrees
  - c. IR (at 30 degrees Abduction) 30 degrees
- Pendulum Exercises
- Elbow/Wrist ROM
- Gripping Exercises
- Isometrics
  - a. Abductors
  - b. ER/IR
- Cryotherapy for pain

**Weeks 3-4**

- Continue sling as needed
- Continue PROM
  - a. Progress flexion to 75 degrees
  - b. ER/IR at 30 degrees abd scapular plane
- May initiate AAROM IR/ER
- Pendulum exercise
- Rope and pulley week 3
- Continue isometric
  - a. Initiate rhythmic stabilization drills
- Continue use of ice

**II. PHASE TWO - ACTIVE MOTION PHASE (Week 5-16)**

Goals: Improve Shoulder Strength  
Improve Range of Motion  
Decrease Pain/Inflammation  
Increase Functional Activities

**Weeks 5-8****Exercises:**

- Progress ROM
  - a. Flexion to 90-105 degrees
  - b. ER/IR at 45 degrees abduction scapular plane
  - c. IR
- Progress AAROM ER/IR at 45 degrees abd
- Continue rope and pulley to tolerance
- Pendulum exercises
- Continue isometrics
  - a. ER/IR
  - b. Rhythmic stabilization
  - c. Initiate deltoid flexion/ext
- Ice as needed

**Weeks 9-16**

- Progress PROM to tolerance
  - a. Flexion to 120-125 degrees
  - b. ER/IR at 90 degrees abduction
  - c. ER/IR at 45 degrees abduction
- Progress AAROM to tolerance
  - a. ER/IR at 45 degrees abd
  - b. Initiate flexion supine L-bar
- Initiate AROM exercises
  - a. Sidelying flexion
  - b. Supine flexion
  - c. Sidelying ER
- Continue strengthening and stabilization
  - a. Tubing ER/IR
  - b. Supine ER
  - c. Standing full can
  - d. Prone exercise
  - e. Biceps
- May perform pool exercises
- Continue rhythmic stabilization
  - a. Supine flex/ext
  - b. Supine ER/IR

**III. PHASE THREE - ACTIVITY PHASE (WEEKS 17-26)**

- Initiation of this phase begins when patient exhibits:
  - 1) PROM: Flexion 0-120 degrees  
ER (at 90 degrees Abduction) 30-40 degrees  
IR (at 90 degrees Abduction) 45-55 degrees
  - 2) Strength level 4/5 for ER/IR/abd
- Note: Some patients will not be able to enter this phase until 6-9 months

Goals: Improve strength of shoulder musculature  
Improve and gradually increase functional activities

**Exercises:**

- Place patients on fundamental shoulder exercise program
- May continue pool exercises or swimming
- Should exercise daily