

Total Shoulder Arthroplasty



Dr. Campbell

SHOULDER DISLOCATION PRECAUTIONS

- In hospital use immobilizer.
- Discontinue immobilizer at Day 1-3 and use sling for comfort for six weeks until subscap or lesser tuberosity healed.
- No forceful internal rotation for 6 weeks for fear of disrupting subscapularis repair.

Phase I: Immediate Motion Phase (Weeks 0-4)

GOALS

- Allow early healing of capsule
- Increase passive range of motion
- Decrease shoulder pain
- Retard muscular atrophy and prevent RTC inhibition

WEEKS 1-2

PRECAUTIONS

- Sling is for comfort and sleep (may discontinue sling as tolerated)

EXERCISES

- Continuous Passive Motion (CPM)
- Passive Range of Motion
 - Flexion (0-75 degrees)
 - ER (in scapular plane at 20-30 degrees to 0 degrees, degree may be adjusted per Op note)
 - IR (in scapular plane at 30 degrees) to 25-30 degrees
- Pendulum exercises
- Elbow/wrist ROM
- Gripping exercise for hand
- Ice & modalities
- Isometrics (Day 10)
 - Abductors
 - ER/IR

- Elbow flexors
- Electrical muscle stimulation (if needed)
- Rope and Pulley (POD 5-7) – flexion
- **Do not stressfully actively IR arm against resistance for possibility of pulling subscapularis repair for 4-6 weeks**

WEEKS 3-4

PRECAUTIONS

- Sling as needed

EXERCISES

- Continue all ROM exercises
- Initiate AAROM exercises
- Progress flexion to 90-100 degrees
- ER scapular plane per OP note
- IR scapular plane at 45 degrees
- Initiate AAROM supine with L-bar
- Initiate rhythmic stabilization exercises
 - Flex/Ext
 - ER/IR in scapular plane
- Isometrics
 - ER/IR
 - Flex
 - Ext
 - Abd
- Rope and Pulley

Phase II: Active Motion Phase (Weeks 5-12)

GOALS

- Improve dynamic stabilization and strength
- Improve Range of Motion
- Decrease pain/inflammation
- Increase functional activities

WEEKS 5-8

EXERCISES

*If you have any problems or questions,
please call your doctor's office (8am-5pm).
Answering service for after hours.*

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- All ROM now to tolerance including IR/ER at 90 degrees abduction
- Rope and pulley flexion
- Pendulum exercises
- AROM exercises
 - Supine flexion if unable then sidelying flexion
- Strengthening exercises
 - Tubing ER/IR
 - Rhythmic stabilization flex/ext and ER/IR
 - Sidelying ER
 - Sidelying flexion
 - Prone rowing
 - Prone extensions
 - Biceps/triceps
 - Isometrics for deltoid

- ER/IR at 90 degrees abduction
- ER/IR tubing
- Full Can
- Lateral raises
- Prone rowing
- Sidelying ER
- Prone extension
- Biceps
- Initiate interval sport program if appropriate (weeks 20-26)

WEEKS 9-12

EXERCISES

- Continue all exercises listed above
- Supine goal
 - Flexion 160 degrees
 - ER at 90 degrees Abd: 75-80 degrees
 - IR at 90 degrees Abd: 60-65 degrees
- Continue to emphasize AROM and strength
- Progress strengthening exercises
- Pool exercises and swimming

Phase III: Activity Phase (Weeks 13-26)

Initiation of this phase begins when patient exhibits:

- AROM:
 - Flexion 0-160 degrees
 - ER 75 degrees
 - IR 60 degrees
- Strength level 4/5 for ER/IR/ABD

GOALS

- Improve strength of shoulder musculature
- Neuromuscular control of shoulder complex
- Improve functional activities

EXERCISES

- AAROM and stretching exercises