

Shoulder Arthroplasty (Anatomic and Reverse) Rehabilitation Protocol

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| Weeks 0-6 | <ul style="list-style-type: none"> • Protect surgical site • Decrease pain and inflammation • Forward flexion PROM to 90° | <ul style="list-style-type: none"> • Remain in sling with abduction pillow for 4 weeks, continue to use sling for 2 additional weeks • No active range of motion • No lifting | <ul style="list-style-type: none"> • AROM elbow, wrist, and hand • Incorporate cardiovascular exercise as soon as tolerated (no impact) • Modalities as needed <ul style="list-style-type: none"> ◦ Frequent icing • Forward flexion PROM to 90° • ER PROM to neutral • Initial visit: QuickDASH, FOTO PRO |
| Weeks 6-12 | <ul style="list-style-type: none"> • PROM by week 12: <ul style="list-style-type: none"> ◦ Flexion 90°-120° ◦ ER 0-30° • Improve muscle activation and strength • Improve motor control • Wean from sling | <ul style="list-style-type: none"> • No forced ROM • AROM initiated once full AAROM achieved • No lifting over 5 lbs | <ul style="list-style-type: none"> • Initiate shoulder motion: PROM – AAROM - AROM • Initiate shoulder isometrics (No IR, may begin IR isometrics at week 9) • Initiate manual resistance for isometrics or proprioceptive neuromuscular facilitation (PNF) patterns • Initiate scapular stability exercise • Initiate core stability exercises • Continue with cardiovascular endurance • Modalities as needed • Week 6: QuickDASH, FOTO PRO |
| Months 3-4 | <ul style="list-style-type: none"> • AROM by week 16: Flexion 120-140° ER 30-40° • Increase functional activity • Improve strength of RTC and scapular stabilizers • Improve endurance of RTC and scapular stabilizers • Increase intensity of exercise as tolerated | <ul style="list-style-type: none"> • Slowly advance 5 lb restriction • May use open kinetic chain as tolerated within restrictions and patient tolerance | <ul style="list-style-type: none"> • Increase scapular strengthening and stabilization • Initiate RTC isotonics as able provided no shoulder compensatory patterns • Continue with cardiovascular endurance • Continue with core stability • Incorporate soft tissue mobility/scar massage as needed • Modalities as needed • Week 12, QuickDASH, FOTO PRO |
| Months 5+ | <ul style="list-style-type: none"> • Maintain pain free ROM • Improve strength and endurance of RTC and scapular stabilizers | <ul style="list-style-type: none"> • Gradual return to full activities without restriction • Modify work, recreational or functional activity as necessary | <ul style="list-style-type: none"> • Continue with strength of total UE and scapular stabilizers • Week 24: QuickDASH, FOTO PRO • Week 24: Functional testing as necessary |

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Each patient's progress may vary based on specifics of their injury and procedure.