

Shoulder Arthroplasty Rehab Protocol

Weeks 1-6: Phase I

Sling Immobilizer at all times except for showering and exercise

Exercises:

- Passive ER to 30 and extension to neutral
- Passive FF in scapular plane to 130
- AROM wrist /elbow
- Scapular pinches

Weeks 6-10: Phase II

Sling immobilizer at all times except for showering and exercise. Discontinue at week 8

Exercises:

- Passive and active assisted FF in scapular plane – no limits
- Passive and active assisted ER – limit 45°
- Active supine FF in scapular plane
- Manual scapular side lying stabilization exercises
- Isometrics: Deltoid in Neutral
 - ER (modified neutral) ROM<30°
 - Elevation at 100°

Weeks 10-16: Phase III

Exercises:

- Progress ROM as tolerated
- AAROM for full FF and ER
- AAROM for IR – no limits
- IR/ER/FF isotonic strengthening
- Scapular stabilization
- Rhythmic stabilization
- PRE's for scapula and elbow

Weeks 16-22: Phase IV

Exercises:

- Access and address any remaining deficits in ROM flexibility and strength
- Continue active ROM exercises
- Progressive resistive strengthening:
 - ◆ Dumbbells
 - ◆ PRE resistive equipment (rows, light press, lat)
 - ◆ Rhythmic stabilization

Discharge criteria:

- ❖ Maximize ROM
- ❖ Full independent ADL'S
- ❖ Normal scapulohumeral rhythm
- ❖ Independent HEP