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Rehabilitation Protocol Anatomic Total Shoulder Arthroplasty

Phase I: Protect the Subscapularis (0 to 6 weeks)

- Leave dressing in place until follow-up (can shower over dressing).
- Sling should be worn at night and when out of house. May remove the sling during the day.
- Do not lift anything great than 2 to 3 lbs with the involved hand.

- Initiate exercise program 3 times per day immediately:
 - Immediate elbow, forearm and hand AROM
 - Pendulums
 - AAROM - CPM or pulleys into scapular plane elevation to 130, ER to 30
 - Supine AAROM into flexion and ER with above limits
 - Emphasize home program

- Protect the Subscapularis:
 - Limit ER to tolerance - light stretching only
 - No resisted IR
 - Avoid extension of shoulder
 - Avoid reaching behind the back

Phase II: Advance ROM (6 to 12 weeks)

- Discontinue sling at all times.
- Discontinue CPM if in use.
- Lifting restriction of 10 pounds remains.

- Advance AROM and PROM as tolerated:
 - Maintain ER limit of 30 until 10 weeks
 - Advance elevation as tolerated

- Strengthen rotator cuff and shoulder musculature (isometrics, theraband, dumbbell, etc.).

- Scapular stabilizer strengthening.

Phase III: Advance strengthening (>12 weeks)

- Advance shoulder ER range of motion as tolerated.
- Advance subscapularis strengthening (resisted IR and extension).
- Advance shoulder and rotator cuff strengthening as tolerated.
- Incorporate low level functional activities at 3 months (swimming, water aerobics, light tennis, jogging).
- Start higher level activities at 4 months (tennis, light weight training and golf).

RETURN TO ACTIVITIES

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Jogging	3 months
Light Swimming	3 months
Golf	4 months
Tennis	4 months
Weight training	4 months
Skiing	4 months