



**NEWTON-WELLESLEY
SPORTS MEDICINE**

Keep doing what you love



**MASSACHUSETTS
GENERAL HOSPITAL**

Sports Medicine

Robert J Nascimento, M.D
Shoulder, Sports Medicine & Arthroscopy

Newton-Wellesley Sports Medicine

978 Worcester Street

Wellesley, MA 02482

Phone: 617-643-0907

Fax: 617-219-1281

MGH Sports Medicine

175 Cambridge Street, 4th Fl

Boston, MA 02114

Phone: 617-726-7500

Fax: 617- 219-1281

REHABILITATION PROTOCOL: TOTAL SHOULDER REPLACEMENT

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 and prevent RTC inhibition

Weeks 1-2

Sling & Swathe for 4 weeks.

Exercises:

1

- 3. Elbow/Wrist ROM
- 4. Gripping Exercises for Hand
- 5. Ice & Modalities
- 6. Isometrics (Day 10)
 - a. Abductors
 - b. ER/IR
 - c. Elbow flexors
- 7. E-Stim (if needed)
- 8. Rope and pulley (POD 5-7)-Flexion

Weeks 3-6

Sling 4 weeks

Exercises:

- 1. Continue all ROM exercises
 - a. Initiate AAROM exercises
 - b. Progress flexion to 90-100 degrees
 - c. ER scapular plane at 45 to 25 degrees
 - d. IR scapular plane at 45 degrees to side
- 2. Initiate AAROM ER/IR supine with L-bar
- 3. Isometrics
 - a. ER/IR

- b. Flexion
 - c. Extension
 - d. Abduction
4. Rope and pulley

PHASE TWO- ACTIVE MOTION PHASE (weeks 6-12)

Goals: Improve dynamic stabilization and strength
Improve ROM
Decrease pain/inflammation
Increase functional activities

Weeks 6-8

Exercises:

1. Active-assisted ROM exercises with L-Bar
 - a. Flexion to tolerance
 - b. ER in scapular at 90 degrees abduction
 - c. IR in scapular plane at 90 degrees abduction
2. All motions to tolerance
3. Rope and pulley
 - a. Flexion
4. Pendulum Exercises
5. AROM Exercises
 - a. Supine flexion, if unable then side-lying flexion

Weeks 9-12

Exercises:

1. Continue all exercises listed above
2. Prone goal:
 - a. Flexion 160 degrees
 - b. ER at 90 degrees, Abduction: 75-80 degrees
 - c. IR at 90 degrees, Abduction: 60-65 degrees
3. Continue to emphasize AROM

PHASE THREE- ACTIVITY PHASE (weeks 13-26)

*Initiation of this phase begins when patient exhibits:

1. PROM
 - a. Flexion 0-160 degrees
 - b. ER 75 degrees
 - c. IR 60 degrees



2. Strength level 4/5 for ER/IR/ABD

Goals: Improve strength of shoulder musculature
Neuromuscular control of shoulder complex
Improve functional activities

Weeks 13-16

***Strengthening exercises**

- a. Tubing ER/IR
- b. Rhythmic stabilization flex/ext and ER/IR
- c. Side-lying ER
- d. Side-lying Flexion
- e. Scapular strengthening exercises
- f. Prone rowing
- g. Prone extensions
- h. Biceps/triceps
- i. Isometrics for deltoid

Weeks 16-26

***AAROM and stretching exercises**

- a. Flexion with L-bar
- b. ER/IR at 90 degrees abduction

***Strengthening exercises**

- a. ER/IR tubing
- b. "Full can"
- c. Lateral raises
- d. Prone rowing
- e. Side-lying ER
- f. Prone extension
- g. Biceps
- h. Initiate interval sport program if appropriate (weeks 20-26)