

SHOULDER · POST-OPERATIVE REHABILITATION

Total Shoulder Replacement

KEY POINTS

- Sling to be worn for 6 weeks
- Check post op notes for individual post op instructions

DISCHARGED FROM WARD

- Active elbow, hand, wrist, finger and neck exercises
- Teach axillary hygiene

WEEK 1

- Seen in the physio department within 1 week post op to check
 - Active elbow, hand, neck movements
 - Pendular exercises flex and abduction only
 - Passive flexion glenohumeral joint in supine position
- No active internal rotation
- No external rotation beyond neutral (protect subscapularis repair)

WEEKS 1-3

- Begin active assisted movements all directions
- Start with patient supine and then progress to exercises in sitting position as able
- NO external rotation beyond neutral

WEEKS 3-6

- Start theraband exercises but no resisted internal rotation
- Progress from active assisted to active ROM exercises and short lever arm eccentric cuff strengthening
- NO external rotation beyond 20 degrees

WEEKS 6+

- Wean off sling
- Start isometric strengthening of all groups
- Generalised shoulder strengthening exercises
- Progress external rotation to 20 degrees

- Active ROM as able with stretching exercises at end range **ENCOURAGE PATIENT TO CONTINUE EXERCISES AT HOME AS IMPROVEMENT CAN CONTINUE AND IT MAY TAKE UP TO 1 YEAR FOLLOWING SURGERY TO ACHIEVE MAXIMAL FUNCTION POTENTIAL AND RECOVERY**

RETURN TO ACTIVITY - GUIDELINES

- Driving 6-8 weeks (when can safely control arm at shoulder height without fatigue)
- Swimming
- Breast stroke 8 weeks
- Front crawl 3 months
- Golf 3 months