

## Total Shoulder Arthroplasty Rehabilitation Program

Nicholas M. Capito, MD

Diagnosis: Right / Left total shoulder replacement \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### Week 0-5

- >>Pendulum circumduction (no weights)
- >>Supine passive self-assisted external rotation and forward elevation
- >>Scapular muscle contraction- serratus anterior, rhomboid, trapezius Neck, elbow, forearm, wrist and hand ROM
- >>ROM exercises are performed 5 times each day; 5 repetitions hold each stretch for 10 seconds.
- >>Discontinue the sling after week 5

### Range of Motion Goals Week 6

	Wk 6
Passive forward elevation	140°
Active forward elevation	Above shoulder level
Passive external rotation	40°
Passive internal rotation	Lower lumbar

### Weeks 5-12

- >> Begin AAROM→AROM as tolerated
- >> If Stiffness develops, strengthening is delayed to work on stretching
- >> Goals: Same as above, but can increase as tolerated
- >> Pulleys for assisted elevation to begin gentle strengthening and elevation patterning
- >> Light passive stretching at end ranges
- >> Begin scapular exercises, PRE's for large muscle groups (peccs, lats, etc)
- >> At 8 weeks, can begin strengthening/resisted motions; may work up to only 2lb resistance by 12wks
- >> Isometrics with arm at side beginning at 8 weeks

### Months 3-12

- >> Advance to full ROM as tolerated with passive stretching at end ranges
- >> Advance strengthening as tolerated: isometrics→bands→light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- >> Only do strengthening 3x/week to avoid rotator cuff tendonitis
- >> Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)
- >> Begin sports related rehab at 4 1/2 months, including advanced conditioning

**IMPORTANT FACTS:**

Because you now have a joint made of artificial material, *any infection needs prompt treatment to avoid spread into the artificial joint*. Antibiotics must be taken whenever you will have any operation, scope (bladder, colon, etc.), or other invasive medical or dental procedure. This will remain true for the rest of your life, even for simple procedures like having your teeth cleaned. Please remind all doctors and dentists in the future that you need to have antibiotics because of your joint replacement.

**Recommended antibiotics:**

**2 g Amoxicillin, 1 hour prior to dental or colonoscopy procedure (one dose only).**

**OR, if you are allergic to Penicillin,**

**Cipro 750 mg, 1 hour prior to procedure (one dose only).**