Recovery Guidelines for Total Shoulder Replacement and Partial Shoulder Replacement

This protocol aims to assist clinicians and patients in navigating the recovery period following total shoulder arthroplasty (TSA) and hemiarthroplasty procedures. Tailored interventions should be based on individual needs, considering clinical evaluations and professional judgment. For any inquiries, please consult the referring physician.

Considerations for Total Shoulder Arthroplasty and Hemiarthroplasty Rehabilitation

Several factors influence the outcomes of post-operative rehabilitation, including the surgical approach, concurrent rotator cuff repair, arthroplasty following fracture, rheumatoid arthritis, or osteonecrosis, and individual patient factors such as co-morbidities. It is advisable for patients to meet all rehabilitation criteria before progressing to the next phase, with clinicians maintaining close collaboration with the referring physician throughout the rehabilitation process.

Managing Post-operative Complications

If you experience symptoms like fever, persistent numbness or tingling, excessive drainage from the incision, uncontrolled pain, or any other concerns, it is important to promptly contact the referring physician.

PHASE I: IMMEDIATE POST-OP

(WEEKS 0-3 AFTER SURGERY)

Rehabilitation Goals	• Protect surgical repair • Reduce swelling, minimize pain • Maintain UE ROM in elbow, hand and wrist • Gradually increase shoulder PROM • Minimize muscle inhibition • Patient education
Sling	• Neutral rotation • Use of abduction pillow in 30-45 degrees abduction • Use at night while sleeping
Precautions	• No shoulder AROM • No reaching behind back, especially in to internal rotation • No excessive shoulder external rotation or abduction • No lifting of objects • No supporting of body weight with hands • Place small pillow/towel roll under elbow while lying on back to avoid shoulder hyperextension
Intervention	*Swelling Management* • Ice, compression *Range of motion/Mobility* • PROM: ER </= 30 degrees in the scapular plane, IR to belt line in scapular plane, Flex/Scaption to tolerance, ABD </= 90 degrees, pendulums, seated GH flexion table slide, seated horizontal table slide • AAROM: Active assistive shoulder flexion • AROM: elbow, hand, wrist *Strengthening (Week 2)* • Periscapular: scap retraction, prone scapular retraction, standing scapular setting, supported scapular setting, inferior glide, low row • Ball squeeze

PHASE I: IMMEDIATE POST-OP
(WEEKS 0-3 AFTER SURGERY) CONTINUED

Criteria to Progress	• >/= 50% shoulder PROM flex, scaption as compared to contralateral side • </= 90 degrees of shoulder ABD PROM • </= 30 degrees of shoulder ER PROM in scapular plane • >/= 70 degrees of IR PROM in scapular plane • Palpable muscle contraction felt in scapular musculature • Pain < 4/10 • No complications with Phase I

PHASE II: INTERMEDIATE POST-OP
(WEEKS 4-6 AFTER SURGERY)

Rehabilitation Goals	• Continue to protect surgical repair • Reduce swelling, minimize pain • Gradually increase shoulder PROM • Minimize substitution patterns with AROM and AAROM • Improve periscapular muscle activation/strength • Initiate RTC (external rotators) activation • Patient education
Sling	• Use at night while sleeping • Gradually start weaning sling over the next two weeks during the day
Precautions	• No excessive shoulder external rotation or abduction • No lifting of objects heavier than a coffee cup • No supporting of body weight with hands • Place small pillow/towel roll under elbow while lying on back to avoid shoulder hyperextension
Additional Intervention *Continue with Phase I interventions	*Range of motion/Mobility* • PROM: Full with exception of ER </= 30 degrees in scapular plane and </= 90 degrees ABD • AAROM: shoulder flexion with cane, cane external rotation stretch, washcloth press, seated shoulder elevation with cane • AROM: supine flexion, salutes, supine punch *Strengthening* • Rotator cuff: external rotation isometrics • Periscapular: Row on physioball, serratus punches • Elbow: Biceps curl, resistance band bicep curls and triceps *Motor control* • ER in scaption and Flex 90-125 (rhythmic stabilization) *Stretching* • Sidelying horizontal ADD
Criteria to Progress	• >/=75% shoulder PROM flex, scaption, as compared to contralateral side • >/=75% shoulder PROM IR in scapular plane as compared to contralateral side • 30 degrees of shoulder PROM ER in scapular plane • 90 degrees of shoulder PROM ABD • Minimal substitution patterns with AAROM • AROM shoulder elevation to 100 degrees with minimal substitution patterns • Pain < 4/10 • No complications with Phase II

PHASE III: INTERMEDIATE POST-OP CONTD
(WEEKS 7-8 AFTER SURGERY)

Rehabilitation Goals	• Do not overstress healing tissue (especially the anterior capsule) • Minimize pain • Maintain PROM • Improve AROM • Progress periscapular and RTC strength • Return to full functional activities • Patient education
Sling	• Discontinue
Precautions	• No lifting of heavy objects (>10 lbs)
Additional Intervention *Continue with Phase I-II interventions	*Range of motion/Mobility* • Full ROM in all planes • AAROM: incline table slides, ball roll on wall, wall climbs, pulleys • AROM: seated scaption, seated flexion, supine forward elevation with elastic resistance to 90 deg *Strengthening* • Rotator cuff: internal rotation isometrics, side-lying external rotation, • Standing external rotation w/ resistance band, standing internal rotation w/ resistance band, internal rotation, external rotation, • Periscapular: Resistance band shoulder extension, resistance band seated rows, rowing, lawn mowers, robbery *Motor control* • IR/ER and Flex 90-125 (rhythmic stabilization) • Quadruped alternating isometrics and ball stabilization on wall • PNF-D1 diagonal lifts, PNF-D2 diagonal lifts *Stretching* • IR behind back with towel, sidelying horizontal ADD, sleeper stretch, triceps and lats
Criteria to Progress	• Minimal to no substitution patterns with shoulder AROM • Pain < 4/10

PHASE IV: TRANSITIONAL POST-OP
(WEEKS 9-11 AFTER SURGERY)

Rehabilitation Goals	• Do not overstress healing tissue (especially the anterior capsule) • Maintain pain-free PROM • Continue improving AROM • Improve dynamic shoulder stability • Gradually restore shoulder strength and endurance
Precautions	• No lifting of heavy objects (> 10 lbs) • Avoid exercises that put stress on the anterior shoulder capsule (ie: shoulder ER above 80 degrees of ABD)
Intervention *Continue with Phase II-III interventions	*Range of motion/mobility* • Full ROM in all planes *Strengthening* • Rotator cuff: increase resistance rotator cuff exercise • Periscapular: Push-up plus on knees, "W" exercise, resistance band Ws, dynamic hug, resistance band dynamic hug, prone shoulder extension Is, resistance band forward punch, forward punch, tripod, pointer

PHASE IV: TRANSITIONAL POST-OP
(WEEKS 9-11 AFTER SURGERY) CONTINUED

Additional Intervention *Continue with Phase II-III interventions	*Motor control* • Resistance band PNF pattern, PNF – D1 diagonal lifts w/ resistance, diagonal-up, diagonal-down • Wall slides w/ resistance band
Criteria to Progress	• Supine AROM Flex >/=140 degrees • Supine AROM ABD >/=120 degrees • Supine AROM ER in scapular plane >/= 60 degrees • Supine AROM IR in scapular plane >/= 70 degrees • AROM shoulder elevation to 120 degrees with minimal substitution patterns • Performs all exercises demonstrating symmetric scapular mechanics • Pain < 2/10

PHASE V: ADVANCED STRENGTHENING POST-OP
(WEEKS 12-16 AFTER SURGERY)

Rehabilitation Goals	• Maintain pain-free ROM • Improve shoulder strength and endurance • Enhance functional use of upper extremity
Additional Intervention *Continue with Phase II-IV interventions	*Strengthening* • Rotator cuff: External rotation at 90 degrees, internal rotation at 90 degrees, resistance band standing external rotation at 90 degrees, resistance band standing internal rotation at 90 degrees • Periscapular: T and Y, "T" exercise, push-up plus knees extended, wall push up *Motor Control* • Progress ball stabilization on wall to overhead alternating isometrics/rhythmic stabilization
Criteria to Progress	• Clearance from MD and ALL milestone criteria have been met • Maintains pain-free PROM and AROM • Performs all exercises demonstrating symmetric scapular mechanics • QuickDASH • PENN
Criteria to Progress	• For the recreational or competitive athlete, return-to-sport decision making should be individualized and based upon factors including level of demand on the upper extremity, contact vs non-contact sport, frequency of participation, etc. We encourage close discussion with the referring surgeon prior to advancing to a return-to-sport rehabilitation program.

For further assistance or to schedule an appointment, please contact **iOrtho - The Orthopedic Institute** at **833-464-6784** or visit our website at **iorthomd.com** to text/email us. Our team is dedicated to providing personalized care and guidance throughout your rehabilitation journey.