

PHYSIO PROTOCOL – TOTAL SHOULDER REPLACEMENT

REHABILITATION SPECIFICATIONS

- NO abduction, external rotation combined
- Instruct in proper use of heat/ice
- Passive range of motion only
- Physiotherapy frequency 2–3 times per week

EXERCISES

- Elbow, wrist, hand range of motion
- Pendulums
- Assisted pulley flexion
- Assisted external rotation (neutral) with wand
- Gentle passive range of motion, avoid abduction/external rotation combined
- Scapular elevation/retraction

WEEK 2 - 4

- Continue to concentrate on range of motion
- Physiotherapy frequency 2–3 times per week
- Assisted internal rotation – towel exercise
- Wall climbs to full flexion
- Assisted external rotation – doorway exercise
- Passive range of motion
- Scapular elevation/retraction

WEEK 4 – 6

- May begin active assisted range of motion
- May begin hydrotherapy activities
- Physiotherapy frequency 2-3 times per week
- More aggressive stretching
- Active assisted range of motion, avoid abduction/external rotation combined

WEEK 6 - 8

- May begin abduction/external rotation combined
- Attempt to achieve full active and passive range of motion in all patients
- Begin to concentrate on general strengthening
- Physiotherapy frequency 2–3 times per weeks
- Isometrics
- Being active range of motion and PREs, gravity eliminated – progressing to anti-gravity as tolerated with light weights
- Continue hydrotherapy



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WEEK 8 - 12

- Continue with strengthening and functional activities
- May be on aggressive home program for strengthening
- Physiotherapy frequency 1-2 times per week
- Continue with active range of motion and PREs – progress weight
- Theraband activities
- Begin PREs (Eagle) if patient has full, pain free active range of motion

WEEK 12 - 16

- Prepare patient for discharge through good instruction in home exercise
- Address progression into desired recreational activity
- Physiotherapy frequency 1-2 times per week
- Full strengthening program as tolerated