

Standard Rehabilitation Plan Total Shoulder Replacement

- Shoulder immobiliser to be worn except when doing physiotherapy
- Active ROM exercises of the elbow, wrist and hand should be commenced immediately after surgery.
- Cryo-therapy - Cryo-cuff used regularly from the recovery room.
- Pendulum exercises.
- Passive ROM
 - External rotation to **neutral only** unless stated otherwise
 - Forward flexion to 90°
- Patients with a total shoulder replacement may do active shoulder flexion in front of the plane of the scapula as pain allows.
- At week 3, begin rope and pulley exercise.
- Include aerobic exercises as soon as possible after surgery.
- Provide the patient with instructions for home exercises; instruct patient on home use of sling or immobiliser outside of clothing.
- Patient can generally use arm to eat, read, etc. in front of body (anterior to plane of scapula) when feels comfortable lifts nothing heavier than a coffee cup.

Goal: Elevation to 90°, external rotation to neutral position

After 6 weeks

- Gently increase external rotation as tolerated beyond the neutral.
- There is no limit to active forward flexion.
- Assisted active internal rotation, restricted by pain.
- Wall walking.
- Active elbow flexion and extension.
- Scapular strengthening exercises.

Goal: Elevation to 120°, external rotation to 25°

After 12 weeks

- Continue ROM exercises and strengthening exercise to full movement as tolerated.
- Continue strengthening of all rotator cuff muscles.

Full recovery from surgery may take 12 up to 18 months.

Conservative Rehabilitation Plan

- Shoulder immobiliser to be worn except when doing physiotherapy.
- Active ROM exercises of the elbow, wrist and hand should be commenced immediately after surgery.
- Cryo-therapy - Cryo-cuff used regularly from the recovery room.
- No shoulder movements for the first 3 weeks unless specified. The sling is to remain on at all times.
- After the 3 week mark, unless specified otherwise, return to standard rehabilitation plan.