



## **Deborah A. Faryniarz, MD Inc.**

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- Diplomate American Board of Orthopaedic Surgery
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## **Rehabilitation Instructions** **Total Shoulder Replacement**

**Immobilizer:** Should be worn at all times (including sleeping) except for hygiene and therapeutic exercise for 4 weeks unless told otherwise by your physician. **Protect** the subscapularis by prohibiting active internal rotation for 6 weeks.

### **Phase I (0-3 weeks):**

#### **Range Of Motion (PROM):**

- Abduction and flexion to 90 degrees without rotation
- ER to 20 degrees

### **Phase II (3-6 weeks):**

#### **ROM:**

- 120 degrees of flexion and abduction
- 45 degrees of ER

#### **Strengthening Exercises:**

- No resisted internal rotation or extension
- Scapular strengthening progression
- Isometric external rotation, forward flexion, and abduction
- Correct thoracic and shoulder girdle posture.

### **Phase II (6-12 weeks):**

#### **ROM:**

- Begin active-assistive/active internal rotation and extension
- Progress to FROM

#### **Strengthening Exercises:**

- Submaximal isometric external rotation, forward flexion, and abduction
- Cardiovascular exercise: walking, stationary bike

### **Phase III (>12 weeks):**

#### **ROM:**

- Continue to full range without discomfort.

#### **Strengthening Exercises:**

- Initiate resisted internal rotation and extension exercises
- Advance strength training
- Initiate closed chain strengthening
- Isotonic rotator cuff and scapular strengthening
- Return to most activities by 4 months (M.D. directed)
- Some patients take a full 9 months to recover