



Recovery after shoulder replacement takes time and patience. The goal is to have functional use of your shoulder anywhere from 3 months to 6 months, with continued improvement up to a year.

The goal for the first 6 weeks after your surgery is to take it slow and allow your shoulder to adjust to the new biomechanics placed on your shoulder. Nothing heavier than a coffee cup for first 6 weeks.

Avoid being too active in the early period because there is a risk of acromial fracture, which will see more stress since your deltoid will be powering your shoulder.

Exercises should be performed with gentle motion without any forced movements or strain.

Slow and steady is the goal, avoid rushed and forceful movements.

The goal is to eventually get forward elevation comfortably between 90-140 degrees, depending on your shoulder's preoperative motion



### Shoulder Dislocation Precautions:

- No shoulder motion behind back. (No combined shoulder adduction, internal rotation, and extension.)
- No glenohumeral (shoulder) extension beyond neutral.
- DO NOT use your arm to push off from a chair and any other similar movements
- Precautions are for 12 weeks unless surgeon specifically advises differently.

### Subscapularis Repair Precautions

- Avoid externally rotating your arm past neutral (0-4wks), avoid external past 30 degrees (4-6wks)
- Avoid active internal rotation
- Avoid using your arm to shut car doors or any other doors
- Precautions are for 6 weeks unless surgeon specifically advises differently.





Rehab Protocol Total Length: 16-20 weeks (1-3x/week)

0-4 Weeks: Phase 1 Immobilization

- Remain in immobilizer except for showering or changing, no shoulder motion
- Perform passive and active elbow, wrist and hand motion

4-6 Weeks: Phase 2 Active Assisted + PROM

- Begin Physical Therapy: PROM + Active assisted ROM + Supine AROM
- External rotation limit of 30 degrees
- Passive internal rotation only
- Wean from shoulder immobilizer

6-12 Weeks: Phase 3 Active ROM

- Physical Therapy: PROM, Active-Assisted to Active ROM, NO STRENGTHENING
- Begin supine, then progress to upright AROM, Stretching in all directions
- Pool Therapy, Biofeedback, Pulleys, Wall Stretches, etc.
- Focus on improving scapula-humeral rhythm re-training, postural re-training
- Ok to start active and active-assisted internal rotation

After 12 Weeks: Phase 4 Strengthening

- Physical Therapy: Strengthening, starting with bands, then light weights
- Progress to Eccentric Strengthening Exercises
- Strengthening + Re-training: scapula, rotator cuff, deltoid
- Focus on scapula-humeral rhythm re-training, postural re-training
- Pool Therapy, Biofeedback, Pulleys, Wall Stretches, etc.
- Gradual return to desired activities
- Avoid high impact, heavy lifting and repetitive activities

Return to Sports

- Golf: chip/putt at 4 months, full game 6 months
- Tennis: ground strokes at 4-5 months, full game at 6-7 months
- Bowling: light weight balls at 4-5 months, full game at 7-8 months
- Baseball: light throwing at 4-5 months, full game at 6-7 months

Advance rehabilitation as per protocol above. Modalities may be used under therapist's discretion. Home exercises are encouraged.

