



Orthopedics & Sports Medicine
4 West Street
West Hatfield, MA 01088

REHABILITATION FOLLOWING SHOULDER ARTHROPLASTY (TOTAL SHOULDER REPLACEMENT)

Phase 1 (0-6 weeks after surgery)

Goals:

1. Diminish joint swelling and pain
2. Protect the repair; allow the subscapularis to heal
3. Prevent shoulder stiffness

Activity:

1. Apply cold to the shoulder 4 - 5 times each day, for at least 10 - 15 minutes or more initially after surgery.
2. With your arm relaxed down at your side, move your fingers, wrist and elbow. Do this several times per day. (Remove sling for exercises.)
3. Begin pendulum exercises several times per day.
4. To wash under your arm: Bend forward at the waist with your arm hanging down, relaxed. This position will allow you to wash under your arm.

Physical therapy:

1. Lying on your back, you will start to reach your arm up toward the ceiling, with assistance from the therapist or using your other arm to help.
2. While you are lying down, the therapist will move your arm to prevent tightness from developing at the shoulder girdle.
3. Practice shoulder shrugs and retraction.
4. As comfort allows, start active and assisted shoulder flexion in standing.
5. With permission from your therapist, you may start pulleys, as comfort and safety allow.

PRECAUTIONS:

- No external rotation past 0 degrees.
- No abduction past 45 degrees.
- Wear the sling at all times, except to bathe and complete your exercises.



Orthopedics & Sports Medicine
4 West Street
West Hatfield, MA 01088

Phase 2 (weeks 6 to 8)

Goals:

1. Protect the shoulder from overstress
2. Regain full active range of motion (ROM) and control
3. Increase strength of shoulder

Activity:

1. Practice full active and passive ROM in all directions.
2. Begin gentle strengthening exercises with exercise band or light weights, under the direction of your therapist.

PRECAUTIONS:

- No heavy lifting or manual labor.
- Avoid having the arm pulled forcefully behind you.
- Do not hang your body weight from your arms.

Phase 3 (8 weeks and beyond)

Goals:

1. Protect the shoulder repair
2. Regain full motion at the shoulder
3. Progress in strengthening program

Activity: You may use the arm in a normal fashion for daily activities.

Physical therapy:

1. Standing external rotation at doorway
2. Wall climb
3. Reaching overhead
4. Supine cross arm stretch
5. Sidelying external rotation
6. Reaching behind your back
7. Exercise-band and gentle progressive resistance exercises (PRE)

PRECAUTIONS:

- No heavy lifting or manual labor until cleared by the surgeon.
- No lifting weight above your head and allowing the weight to go behind your head. (Keep the weights in front of you where you can see them.)



COOLEY DICKINSON
MEDICAL GROUP
MASSACHUSETTS GENERAL HOSPITAL AFFILIATE

Orthopedics & Sports Medicine
4 West Street
West Hatfield, MA 01088

- Avoid having the arm forced behind your back.