



## TOTAL AND REVERSE TOTAL SHOULDER REPLACEMENT

**NOTE:** Each person heals at a different rate. For your safety, only do the exercises that are shown to you by your therapist. **DO NOT** try an exercise that has not been shown to you.

### Cervical Extension and Flexion

Tilt your head upwards, then return back to looking straight ahead. Tilt your head down to look at the floor, then return to looking straight ahead. Hold for 1 second.

Repeat 10 times.  
Do 3 sessions per day.



### Retraction / Chin Tuck

Slowly draw your head back so that your ears line up with your shoulders. Hold for 1 second.

Repeat 10 times.  
Do 3 sessions per day.



### Pendulum Shoulder Circles

Shift your body weight in circles to allow your operated arm to swing in circles freely. Your operated arm should be fully relaxed. Complete for 30 seconds in clockwise direction then 30 seconds in counterclockwise direction.

Repeat 1 time.  
Do 3 sessions per day.



### Scapular Retractions

Draw your shoulder blades back and down gently. Hold for 1 second.

Repeat 10 times.  
Do 3 sessions per day.



### Sling – Wrist Flexion Extension

Bend your wrist up and down as shown while your arm is in the sling. Hold for 1 second.

Repeat 10 times.  
Do 3 sessions per day.



### Sling – Ball Squeeze

Grip a small ball or rolled up towel and squeeze it with your hand. Hold for 1 second.

Repeat 10 times.  
Do 3 sessions per day.





## SHOULDER PRECAUTIONS AFTER SURGERY

It is important to avoid excessive movement of the shoulder after surgery to maintain the integrity of the joint and allow for necessary healing of the muscles. Typically dislocation occurs with actions such as tucking in the shirt or performing bathroom/personal hygiene. **DO NOT perform the following:**

### Avoid Lifting Greater Than 2–3#

Avoid carrying grocery bags or purses.



### Avoid Active Unsupported Range of Motion

Avoid using surgical arm to brush hair.



### Avoid Resisted Internal and External Rotation

Avoid using surgical arm to open or close doors.



### Avoid Placing Your Hand Behind the Back

Avoid using surgical arm to tuck in your shirt or perform hygiene/toileting.



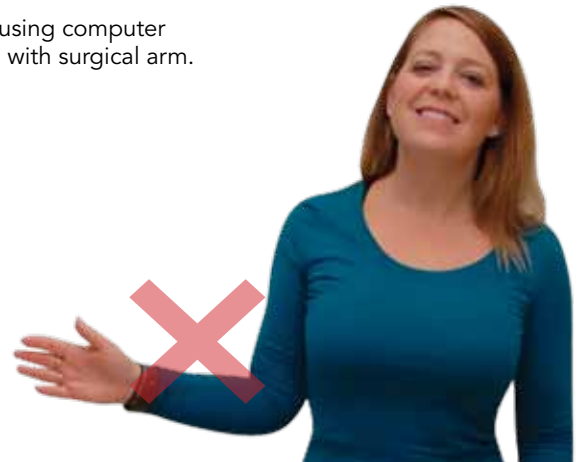
### Avoid Pushing

Avoid using surgical arm to push up out of chair or bed.



### Avoid External Rotation Beyond Neutral

Avoid using computer mouse with surgical arm.





## PATIENT CHECKLIST

### Procedures:

- Left       Right       Total Shoulder Replacement       Reverse Total Shoulder Replacement  
 TSR + Rotator Cuff Repair       Bicep Tenodesis

### Range of Motion (ROM) and Phase Guidelines:

- Phases can overlap and are a guide only.
- All exercises should be pain free.
- Your Physical Therapist will progress you to the next phase as you meet goals.
- Use the sling for 4 weeks at all times except for exercise and bathing, or as directed by MD/PT.

### For 10 weeks:

- Avoid resisted internal rotation.
- Avoid reaching behind your back.
- Avoid lifting more than 2–3 pounds.
- Avoid external rotation beyond neutral position.

**Weeks 1–6:** Passive Shoulder Range of Motion (Active Assist) Only

**Weeks 6–9:** Active Shoulder Range of Motion

- Okay to begin work in extension by week 9.

**Week 10+:** No Shoulder Range of Motion Restrictions

## PHYSICAL THERAPY PROTOCOL

ACUTE PHASE OF RECOVERY		Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week
Inpatient Days 1 and 2, Home Health week 1 (post-op day 0-7)	Day 1-2	1	2	3	4	5	6	7	8	9	10	11	12
• Wear sling at all times as directed by MD/PT _____	•	•	•	•	•								
• Use rolled towel behind arm when lying on back	•	•	•	•	•	•	•						
• Avoid reaching behind back	•	•	•	•	•	•	•	•	•	•	•		
• Avoid resisted internal rotation	•	•	•	•	•	•	•	•	•	•	•		
• Avoid external rotation beyond neutral _____	•	•	•	•	•	•	•	•	•	•	•		
• Avoid lifting more than a coffee cup (2-3#) w/surgical arm	•	•	•	•	•	•	•	•	•	•	•		
Active wrist flexion, extension and wrist circles	•	•	•	•	•	•	•						
Active ball squeeze	•	•	•	•	•	•	•						
Neck range of motion; rotation, chin tucks, up and down	•	•	•	•	•	•	•						
Shoulder blade pinch	•	•	•	•	•	•	•						
Pendulums	•	•	•	•	•	•	•						
Supine active assist forward elevation	•	•	•	•	•	•	•						
Supine active assist external rotation _____	•	•	•	•	•	•	•						
Supine active elbow flexion	•	•	•	•	•	•	•						
Ice 10–20 minutes, 3–5 times per day, 7 days per week	•	•	•	•	•	•	•						



### PHYSICAL THERAPY PROTOCOL, CONTINUED

PHASE I: PROTECTION AND GENTLE MOVEMENT		Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week
<b>Begin these exercises as appropriate post-op week 1-3</b>	<b>Day 1-2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Passive forward elevation, scapular plane (PT only)		•	•	•	•	•	•	•	•	•			
Passive abduction, scapular plane (PT only)		•	•	•	•	•	•	•	•	•			
Submaximal pain-free isometrics: abduction w/shoulder in IR		•	•	•	•	•							
Submaximal pain-free isometrics: flexion		•	•	•	•	•							
Submaximal pain-free isometrics: adduction		•	•	•	•	•							
Submaximal pain-free isometrics: extension - Avoid shoulder extension		•	•	•	•	•							
<b>Begin these exercises as appropriate post-op weeks 4-6</b>	<b>Day 1-2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Pulleys forward elevation, scapular plane					•	•	•	•	•	•	•		
Scapular retraction, depression and elevation					•	•	•	•	•	•	•		
Assisted>Unassisted Wall Walks/Finger Crawls					•	•	•	•	•	•	•		
PHASE II: ACTIVE MOVEMENT		Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week
<b>Begin these exercises as appropriate post-op weeks 6-9</b>	<b>Day 1-2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Passive internal rotation to tolerance <50 degrees							•	•	•				
Supine cane exercise: Active external rotation to tolerance							•	•	•	•	•	•	
Supine cane exercise: Active forward elevation (progress to standing)							•	•	•	•	•	•	
Supine cane exercise: Active abduction (progress to standing)							•	•	•	•	•	•	
Sitting table top flexion stretch							•	•	•	•	•	•	
Submaximal pain-free isometrics: internal rotation							•	•	•	•			
Submaximal pain-free isometrics: external rotation							•	•	•	•			
Prone scapular stabilization: rows (less than 3#)									•	•	•	•	•
Prone scapular stabilization: horizontal abduction (less than 3#)									•	•	•	•	•
Prone scapular stabilization: scaption (less than 3#)									•	•	•	•	•
Gentle G-H and scapulothoracic joint mobilization as indicated										•	•	•	•
PHASE III: STRENGTHENING		Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week	Week
<b>Begin these exercises as appropriate post-op weeks 9-12</b>	<b>Day 1-2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Continue above exercises and functional activity progression										•	•	•	•
Active ROM "Lawn Chair" progression and light resistance (less than 6#)										•	•	•	•
Sidelying internal and external rotation with light resistance (less than 6#)										•	•	•	•
<b>12 weeks and beyond</b>	<b>Day 1-2</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Closed-chain exercises													•
Wall push ups													•
Quaduped alternate arm raise													•
Ball toss													•