

Guide to Shoulder Replacement Rehabilitation

Welcome to our Shoulder Replacement Rehabilitation video series. The goal of these videos is to help maximize your recovery following shoulder replacement surgery. *These videos should not be used as a substitute for regular physical therapy visits and guidance from your physician.*

Please remember the following as you use these videos:

- Only progress from one phase to the next based on recommendation from your physician. Most therapy regimens, particularly after surgery, are based on a healing timeline. Progressing too quickly, even though it may feel okay at first, may put you at risk for injury.
- Equipment needed for this program includes a stick or cane, pulley, resistance bands and/or light dumbbells.
- Icing is very important after each therapy session – place an ice pack or cooling pad on the affected area for 10 minutes to help limit any irritation from exercise.
- If the affected joint is stiff, try using moist heat for 10 minutes prior to exercise to help loosen things up.
- If you develop any questions or concerns regarding your condition while using these videos, contact your physician.

Best of luck in your recovery.

PHASE I – PROTECT HEALING, PREVENT STIFFNESS (0-6 weeks post-op)

GOALS: Protect the shoulder as it heals; start gentle motion and muscle contraction exercises

KEY POINTS:

- Remove sling after first 10-14 days at your physician's direction and begin light daily use of the arm at home
- After removing the sling, start motion exercises [Exercises 4-9]. Start with Table Slides, progress to Pulleys, and then perform Stick Exercises as tolerated
- Perform 1-2 sets of 20 repetitions each exercise
- Use sling for comfort when out in public for up to 4 weeks
- Avoid arm motion behind the back for 8 weeks after surgery
- Do not push off with operative arm (i.e. – when getting up from chair or bed) for 8 weeks following surgery
- Start Isometric strengthening [Exercises 15, 16, & 17 below] at 3 weeks post-op as comfort allows
 - Hold contracted position for 2-3 seconds to activate muscle contraction

PHASE 1 EXERCISES:

1. PENDULUMS
2. STICK – SUPINE FORWARD ELEVATION

3. STICK – SUPINE EXTERNAL ROTATION
4. TABLE SLIDES – ELEVATION
5. TABLE SLIDES - ABDUCTION
6. PULLEYS – FORWARD ELEVATION AND ABDUCTION
7. STICK EXERCISES – UPRIGHT FORWARD ELEVATION
8. STICK EXERCISES – UPRIGHT ABDUCTION
9. STICK EXERCISES – UPRIGHT EXTERNAL ROTATION AT SIDE
10. ACTIVE ROM – ELBOW, WRIST, AND HAND
11. GRIP STRENGTHENING
12. SCAPULAR – SHRUGS
13. SCAPULAR – FORWARDS ROLLS
14. SCAPULAR – BACKWARD ROLLS
15. ISOMETRICS – FORWARD ELEVATION
16. ISOMETRICS – ABDUCTION
17. ISOMETRICS – EXTERNAL ROTATION

See video at <http://www.matthewboesmd.com/shoulder-replacement-rehabilitation/> to view the exercises.

PHASE 2 – RANGE OF MOTION, EARLY STRENGTHENING (6-12 weeks post-op)

GOALS: Progress to full range of motion; start light strengthening

KEY POINTS:

- Conduct stretching exercises [Exercises 1-5] 2-3 times daily to maximize shoulder motion
 - Hold the stretch position for 30 seconds, relax for 15 seconds, then repeat stretch
 - Perform one set of 5 repetitions each exercise
- Conduct strengthening exercises [Exercises 6-12] 3-4 times per week [every-other-day] to prevent irritation
 - Start with lightest resistance band, progress to next highest band every 2-3 weeks
 - If exercises are causing pain, decrease resistance band or perform exercises every third day to allow shoulder to rest
 - Do not progress if shoulder is painful after exercises
- Therabands comprise an assortment of exercise resistance bands, which purchased in a set or provided by therapist for home use

PHASE 2 EXERCISES:

1. WALL SLIDES – FORWARD ELEVATION
2. TABLE SLIDES – FORWARD ELEVATION
3. TABLE SLIDES – ABDUCTION
4. DOORWAY STRETCH – EXTERNAL ROTATION
5. CROSS BODY
6. BANDS – ELEVATION & ABDUCTION
7. BANDS – EXTERNAL ROTATION
8. BAND – HORIZONTAL ROW
9. SCAPULAR EXERCISES – SHRUGS

10. SCAPULAR EXERCISES – NO MONEYS
11. SCAPULAR EXERCISES – TABLE TOP PROTRACTION
12. SCAPULAR EXERCISES – TABLE TOP RETRACTION

See video at <http://www.matthewboesmd.com/shoulder-replacement-rehabilitation/> to view the exercises.

PHASE 3 – ADVANCED STRENGTHENING / FUNCTIONAL EXERCISE (12 weeks – 12 months post-op)

GOALS: Improve strength and functional use of the arm

KEY POINTS:

- Conduct stretching exercises until you achieve full shoulder motion (as compared to opposite side)
 - Stretch 2-3 times per day as needed
- Progress strengthening exercises from use of exercise bands to dumbbells
- Conduct 1-2 sets of 15 repetitions each exercise, 3-4 times per week
- Start light, functional sports activity if applicable [Exercises 16 & 17]
- Release to full activity per your physician's approval

PHASE 3 EXERCISES:

1. STRETCHING – WALL SLIDES
2. STRETCHING – CROSS BODY
3. STRETCHING – EXTERNAL ROTATION
4. STRETCHING – INTERNAL ROTATION
5. DUMBELL – ELEVATION & ABDUCTION
6. DUMBELL – EXTERNAL ROTATION
7. DUMBELL – INTERNAL ROTATION
8. DUMBELL – BENT ROW
9. DUMBELL – BENT SIDE RAISE
10. BANDS – DIAGONALS
11. BANDS – PUNCHES
12. SCAPULAR EXERCISES – THUMB TACK EXERCISE ELEVATION & DEPRESSION
13. SCAPULAR EXERCISE – STANDING DUMBELL ELEVATION
14. SCAPULAR EXERCISE – THERABAND RETRACTION & DEPRESSION SHOULDER LEVEL
15. SCAPULAR EXERCISE – THERABAND RETRACTION & DEPRESSION WAIST LEVEL
16. FUNCTIONAL EXERCISE – TENNIS SWING
17. FUNCTIONAL EXERCISE – GOLF SWING

See video at <http://www.matthewboesmd.com/shoulder-replacement-rehabilitation/> to view the exercises.

For more information, visit www.MatthewBoesMD.com