

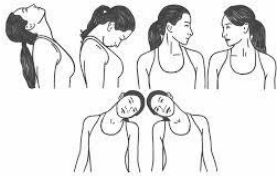
Patient Name: _____

Date of Surgery: _____

Total Shoulder Replacement

You will be required to wear a sling for 4-6 weeks depending on the extent of your surgery, this will be explained to you by your surgeon/physiotherapist. During this period, it is important to maintain mobility of the surrounding joints to prevent stiffness. You will be guided on weaning off your sling at your 4 week review with Prof. Moran. You should avoid any active shoulder movement during these first 4 weeks (except for exercise 5). You should remove your sling for exercises/physio. It is recommended that you attend your physiotherapist 7-10 days post-surgery to aid with passive mobilisation of your shoulder joint. The following exercises should be carried out 3-4 times daily.

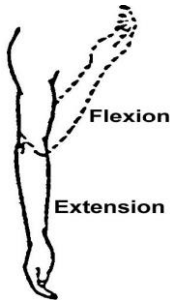
1. Neck Range of Movement



Turn your head to one side, then the other.
Repeat 10-15 times
Tilt your head towards one shoulder, then the other.

Repeat 10-15 times.

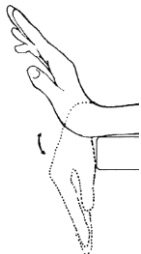
2. Elbow Range of Movement



Take your arm out of the sling. Keep your arm by your side. Straighten your elbow fully and bend it fully.

Repeat 10-15 times.

3. Wrist Range of Movement



Move your wrist up and down. Rotate it in circles, clockwise and anti-clockwise.

Repeat 10-15 times.

4. Shoulder Blade Exercise

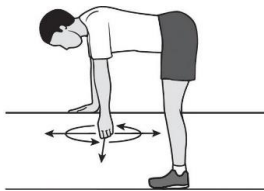


Keep your arms relaxed. Square your shoulder blades (pull them back and slightly down). Do not let your back arch. Do not let your elbows move backward. Hold for 10seconds.

Repeat 10-15 times.

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5. Pendulum/Circular



Bend forward 90 degrees at the waist, placing your uninvolved hand on a table for support. Rock body in a circular pattern to move arm clockwise 10 times, then counter clockwise 10 times.

Keep your arm relaxed during the exercise. The circular pendular movement should occur through your shoulder joint.

Physiotherapy Rehabilitation Guidelines: Total Shoulder Replacement

Phase	Mobilisation	ROM	Exercises / Strengthening	Precautions
Phase 1 Week 0-4	Immobiliser at all times ,except during passive ROM excs	Passive ROM only. By week 4-6: Aim for 90° fwd flexion 7 elevation in scapular plane 30° ExtRotn in scapular plane 70° IntRotn in scapular plane (at 30° abduction)	AROM to wrist / AROM to elbow / Scapula Retractions / Postural Alignment / Pendular Excs / Gentle GH mobilisations – (G 1)	Avoid shoulder AROM / No driving x 4 weeks / No excessive stretching When lying supine, place a small pillow / towel under the elbow to prevent hyperextension.
Phase 2 Week 4-8	Wean from immobiliser @ 4 weeks	Restore full PROM Gentle AROM (flexion, IntRotn, ExtRotn, elevation in scapular plane)	Progress PROM / Pendular Exercises / AAROM – Pulleys (if PROM > 90°) / Wand excs / RC Isometrics (in neutral) – painfree /Scapula Setting / Retractions / Assisted horizontal adduction / Abdominal Activation / Pool therapy for ROM / Address the kinetic chain	ROM within painfree range No heavy lifting Avoid sudden movements, especially in rotation
Phase 3 Week 8-12	No immobiliser	Progress AROM Aim for 140° fwd flexion in scapular plane (supine) 60° ExtRotn 70° IntRotn (in 30° abduction)	Progress AROM / Shoulder Pulleys / Scapular stabilisation / Gentle Stretching / Gentle Theraband excs – flexion / elevation / Proprioceptive excs (gym ball) / Ant deltoid strengthening / Manual mobilisation	Avoid repetitive arm behind back movmets Emphasis on correct exercise technique
Phase 4 Week 12+	No immobiliser	Full AROM	Progression of upper extremity strengthening / Scapular stabilization / Upper Limb Flexibility / Pool therapy / Address kinetic chain / trunk / lower extremity	Normal scapulo-humeral rhythm

Note: As everyone progresses at different rates, the rehabilitation programme should focus on criteria based progression, rather than timeline based progression. For each exercise, it is imperative to have consistent sequential progressions. Once the patient / athlete is proficient with execution of a particular exercise, the exercise can be increased in complexity, with emphasis on technique efficiency.



The University of Dublin

Please contact rehab@cathaljmoran.com if you have any questions.

