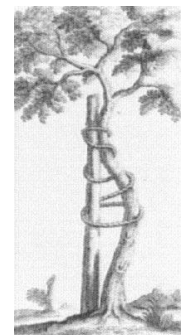




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PRIMARY SHOULDER ARTHROPLASTY REHABILITATION PROTOCOL

Weeks 1-6: Phase I

Sling Immobilizer: At all times except for showering and exercise, **discontinue at week 3**

Exercises: Passive ER to 10 and extension to neutral
Passive FF in scapular plane to 110
AROM wrist/elbow
Scapular “pinches”
Passive IR to belly
No active IR
Modalities as needed

Advancement Criteria: ER to 10
FF in scapular plane to 110
Minimal pain and inflammation

Weeks 6-12: Phase II

Exercises: Passive & Active assisted FF in scapular plane – no limits (wand exercises, pulleys)
Passive & Active assisted ER – limit 45 deg
Active supine FF in scapular plane
Manual scapular side-lying stabilization exercises
Isometrics: Deltoid in neutral
ER (modified neutral) ROM < 30 deg
IR (modified neutral)
Scapular retraction with elastic bands
Humeral head control exercises:
ER/IR (supine/scapular plane)
Elevation at 100 deg
Modalities as needed

Advancement Criteria: FF to 150
ER to 45
Good humeral head control
Minimal to no pain with ADLs

Weeks 12-16: Phase III

Exercises: Progress ROM as tolerated
AAROM for full FF and ER
AAROM for IR – no limits
Flexibility exercises: towel stretch, posterior capsule stretch
IR/ER/FF isotonic strengthening
Scapular stabilization
Rhythmic stabilization
PREs for scapula, elbow (biceps/triceps)
Forward flexion in scapular plane
Progressive resistive equipment: row, chest press (light weight)
Modalities as needed

Advancement Criteria: Muscle strength 4/5
Passive FF 160, ER >45
Restore normal scapulohumeral rhythm <90 deg elevation
Minimal pain and inflammation

Weeks 16-22: Phase IV

Exercises: Access and address any remaining deficits in ROM, flexibility, strength
Active, active-assisted, and passive ROM exercises
Flexibility exercises: towel stretch (IR), posterior capsule stretch
Progressive resistive strengthening:
Dumbbells
Progressive resistive equipment
Elastic band IR/ER (modified neutral)
Rhythmic stabilization
Modalities as needed
Individualize program to meet specific needs of patient

Discharge Criteria: Maximize ROM
Full independent ADLs
Normal scapulohumeral rhythm >100deg elevation
Independent HEP