

Rehabilitation Protocol following Shoulder Replacement (Anatomic)

What to expect?

| Sling | When can I go home? | What can I do? | What can't I do? |
|---------|--------------------------|--------------------------------|--|
| 4 weeks | 2 night stay in hospital | Movements within the safe zone | No forced movements, stretching. No lifting more than a cup of tea |

Plan for review appointments?

| If something feels wrong | 2 weeks | 3 months | 12 months |
|---|-------------------------------------|--------------------------------------|--------------------------------------|
| Call the office in business hours; GP/local emergency department if after hours | Wound check and change of dressings | Review with a X-ray of your shoulder | Review with a X-ray of your shoulder |

Notes to Physiotherapist

Sling for 4 weeks

For the first 4 weeks limit to passive and active assisted ROM to:

- Forward flexion/abduction to 90 degrees
- ER to 20 degrees; no active IR (to protect Subscap repair)

Pendular and scapular stabilisation exercises

Neck, Elbow, Wrist and Hand exercises

Active ROM as tolerated from 4 weeks; gently increase ER as tolerated

Strengthening after 12 weeks

Returning to occupational and recreational activities?

| | |
|---------------|-------------|
| Driving | 6-8 weeks |
| Light work | 2-3 weeks |
| Heavy work | 6 months |
| Gardening | 3-4 months |
| Run/Road bike | 6-8 weeks |
| Gym | 6-12 months |
| Swim | 6-12 months |
| Tennis/Golf | 6-12 months |