

Shoulder Replacement – Rehabilitation Guidelines

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0 to 4 Weeks post-op

- Pendular exercises
- Active range of motion for elbow, wrist and hand just to prevent stiffness of these joints
- Keep your shoulder loose and relaxed. Wear the sling when out of the house, and at night. When at home, feel free to loosen or remove the sling completely, but do not actively use your arm.
- No driving for 6 weeks

4 to 6 Weeks Post-op

- Start *active* elevation (you may now *gradually* use partial muscle function in the repaired shoulder with motion exercises). Start first exercising lying down, then gradually start upright exercises at 6 weeks
- Start external rotation exercises gradually
- May now reach behind back
- Gradually discontinue sling:
 - Begin using arm for waist level (below shoulder height) light activities as able (no pushing, pulling or lifting)
 - Use sling only for protection and comfort as needed

6 to 9 Weeks Post-op

- Use arm for all light activities as able, including gradual overhead reaching. No lifting, pushing, pulling with any force.
- Full active range of motion with no limits on motion. Stretch more aggressively on your own.
- Start Physiotherapy (physio may now instruct on adding in cross arm adduction and gentle isometric deltoid and external rotation)
 - If you live in the Kelowna area, call KGH Physio Dept. (250-862-4210) at 5 weeks if you have not yet heard from them (they are supposed to call you).
- It is now safe to resume driving

Week 9 and beyond

- Start strengthening, Therabands (elastic bands)
 - Slow and progressive strengthening
 - Avoid shoulder pain with strengthening exercises. If you have some discomfort with strengthening, then back off and use less resistance
- Gradual return to activities
- Do not perform any lifting, pushing or pulling that exceeds the forces you are applying with the strengthening program (as per the physiotherapist)
- No strenuous activity until 6 months
- Keep stretching on your own until 12 months to get the most motion recover