

TOTAL SHOULDER REPLACEMENT GUIDELINE

Mr Rashid

	Post op
Immediate	<ul style="list-style-type: none"> • Sling with body belt 4 weeks, remove for ADLs at 2 weeks • Scapula setting exercises & axillary hygiene • Cervical spine, elbow, wrist and hand exercises as appropriate • OT assessment
Day 1-3 Weeks	<ul style="list-style-type: none"> • Gentle active-assisted flexion short of stretch or pain in supine/table-slides • No Passive ER past neutral for 6 weeks (subscapularis reattached) • NO ABD for 6 weeks • NO weight bearing through operated arm until 12 weeks + • NO isometric strengthening for 6 weeks
3-6 Weeks	<ul style="list-style-type: none"> • Progress active-assisted range of movement in to flexion (limit of gentle stretch only) • Non weight-bearing proprioceptive exercises can commence
6 Weeks +	<ul style="list-style-type: none"> • Commence passive/ active-assisted abduction in IR • Progress movement within comfortable range • Progress to active movement and resisted as able • ER beyond neutral can commence
Milestones	
Week 3	Comfortably out of sling for ADLs
Week 6	Sling discarded, increasing active and passive movement
Week 12	Improving strength

Return to Functional Activities

Driving	6 weeks
Swimming	6 weeks
Lifting	3 months +
Work	Sedentary – 3-6 weeks Manual - 3 months +

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS

Agreed with AR 10/11/16: For Review 11/17

References: Shoulderdocus. (2016). Shoulder rehab protocols: Shoulder Replacement. *Shoulderdocus.co.uk*. Retrieved September, 12th, 2016, from <http://www.shoulderdocus.co.uk>