



ORTHOPEDIC SURGERY

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PODIATRY

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CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

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www.nwiabone.com

TOTAL SHOULDER REPLACEMENT

POST-OPERATIVE REHABILITATION PROGRAM

The goal of the rehabilitation process is to provide greater mobility to the patient then before the surgery. In addition, stability of the shoulder is vital and essential to normal non-painful shoulder function.

The key to the success of the rehabilitation following total shoulder replacement is compliance to your exercise program.

PHASE ONE: IMMEDIATE MOTION PHASE (week 0-4)

Goals: Allow early healing of capsule

Increase passive range of motion

Decrease shoulder pain

Retard muscular atrophy and prevent RTC inhibition

WEEKS 1-2

Sling for comfort and sleep

Exercises:

- Continuous Passive motion (CPM)
- Passive ROM
 - Flexion (0-75 degrees)
 - ER (in scapular plane at 30 to 0 degrees)
 - IR (in scapular plane at 30 to 25-30 degrees)
- Pendulum Exercises
- Elbow/wrist ROM
- Gripping Exercise for Hand
- Ice & Modalities
- Isometrics (Day 10)
 - Abductors
 - ER/IR
 - Elbow flex

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- Electrical muscle stimulation (if needed)

- Rope and Pulley (POD 5-7)- flexion

WEEKS 3-4

Sling as needed

Exercises:

- Continue all ROM exercises

- oInitiate AAROM exercises

- oProgress flexion to 90-100 degrees

- oER scapular plane at 45 to 25 degrees

- oIR scapular plane at 45 degrees to side

- oInitiate AAROM exercises

- oInitiate AAROM ER/IR supine with L-bar

- oInitiate rhythmic stabilization exercises

- oFlex/Ext

- oER/IR in scapular plane

- oIsometrics

- oER/IR

- oFlex

- oExt

- oAbd

- oRope and Pulley

PHASE TWO: ACTIVE MOTION PHASE (week 4-10)

Goals: Improve dynamic stabilization and strength

Improve range of motion

Decrease pain/inflammation

Increase functional activities

WEEKS 5-8

Exercises:

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- AAROM exercises with L-Bar (begin week 2)
 - Flexion to tolerance
 - ER in scapular plane at 90 degrees abduction
 - IR in scapular plane at 90 degrees abduction
- All motions to tolerance
- Rope and Pulley
 - Flexion
- Pendulum Exercises
- AROM Exercises
 - Supine Flexion if unable side lying flexion
- Strengthening Exercises
 - Tubing ER/IR
 - Rhythmic stabilization flex/Ext and ER/IR
 - Side lying ER
 - Side lying flexion
 - Scapular strengthening exercises
 - Prone rowing
 - Prone extensions
 - Biceps/Triceps
 - Isometrics for deltoid

WEEKS 9-12

- Continue all exercises listed above
- Prone goal:
 - Flexion 160 degrees
 - ER at 90 degrees Abd: 75-80 degrees
 - IR at 90 degrees Abd: 60-65 degrees
- Continue to emphasize AROM and strength
- Progress strengthening exercises
- Pool exercises and swimming

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PHASE THREE- ACTIVITY PHASE (WEEKS 13-26)

- Initiation of this phase begins when patient exhibits:
 - PROM
 - Flexion 0-160 degrees
 - ER 75 degrees
 - IR 60 degrees
 - Strength level 4/5 for ER/IR/ABD

Goals: Improve strength of shoulder musculature, neuromuscular control of shoulder complex, improve functional activities

Exercises:

- AAROM and stretching exercises
 - Flexion with L-bar
 - ER/IR at 90 degrees abduction
- Strengthening exercises
 - ER/IR tubing
 - Full can
 - Lateral raises
 - Prone rowing
 - Side lying ER
 - Prone extension
 - Biceps
 - Initiate interval sport program if appropriate (weeks 20-26)

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