

Shoulder Replacement

Day 1:

Polysling with body belt fitted in theatre

Finger, wrist and elbow movements

Day 2:

Body belt removed

Pendular exercises

Scapular setting

Passive flexion in the scapula plane

External rotation to neutral only

Day 5 – 3 weeks:

No active internal rotation (*reattached subscapularis muscle is vulnerable*)

Begin passive abduction (maintain shoulder in IR)

Passive external rotation to neutral only

Active assisted flexion in supine and progress to sitting position as soon as the patient is able.

Progress to active when possible

Begin isometric strengthening of all muscle groups (except IR)

Remove sling as able

3 weeks +:

Encourage active movement into all ranges with some gentle self-stretching at the end of range.

Add isometric IR

Progress isotonic strengthening through range

Return to functional activities

Driving After 4 weeks

Swimming Breaststroke: 6 weeks

 Freestyle: 12 weeks

Golf 3 Months

Lifting Light lifting can begin at 3 weeks. Avoid lifting heavy items for 6 months.

Return to work Sedentary job: 6 weeks

 Manual job: ?

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