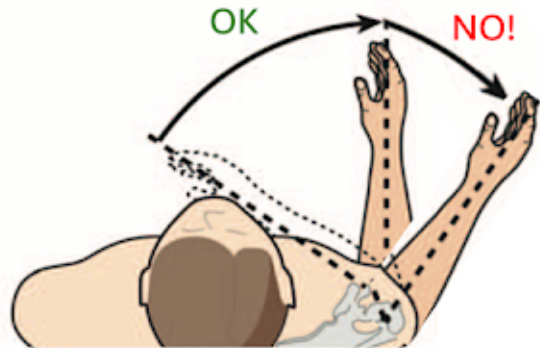


Andrew Pastor, M.D.

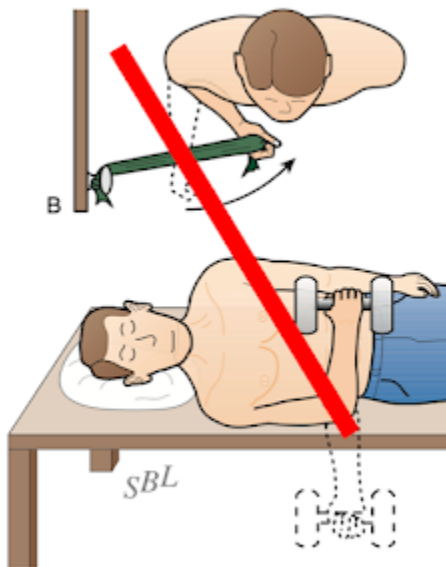
TOTAL SHOULDER PROTOCOL

Precautions for weeks 1-6 to allow for subscapularis healing:

- No external rotation past 0 degrees (handshake position)



- No internal rotation strengthening



Phase 1 Weeks 1-2

Goals:

- Maintain integrity of the replaced joint
- **Protect subscapularis take down and repair (see above)**
- Allow healing
- Gradually increase passive and active assisted range of motion
- Shoulder flexion (supine or pulley) to 150 degrees after 2 weeks
- Prevent formation of scar tissue/adhesions
- Reduce pain and inflammation
- Prevent muscular inhibition

Precaution:

- Wear shoulder sling for 1-4 weeks
- Sleep with a pillow or rolled towel under shoulder to prevent shoulder hyperextension and anterior capsular stretch for 6 weeks post op
- No lifting of objects heavier than coffee cup
- No pushing up/supporting body weight by hand on involved side
- No excessive shoulder internal rotation (reaching behind back) or any external rotation past 0 degrees.

1. Pendulum exercises
2. Wrist/elbow AROM exercises
 - a. AROM only, no lifting any weight
3. Grip exercises
4. Scapular exercises
 - a. shoulder shrugs, shoulder blade squeezes, shoulder rolls, scapular retractions

Phase 2 Weeks 2-4

Goals:

- Allow healing of soft tissue
- Can wear sling in public for comfort as needed
- Decrease pain and inflammation
- Protect subscapularis take down and repair
- Passive and active assisted ROM into flexion as tolerated
- Passive and active assisted ROM into external rotation to 0 degrees
- Passive and active assisted ROM into internal rotation to 70 degrees in plane of scapula and 30 degrees of abduction

1. Continue phase 1 exercises
2. Active assisted range of motion
 - a. Pulley and supine wand into flexion
 - b. External rotation to 0 degrees
 - c. Supine wand into internal rotation in scapular plane
3. Submaximal shoulder Isometrics
 - a. flexion, abduction, extension and external rotation in neutral position (hold on internal rotation to protect subscapularis)

Phase 3 Weeks 4-6

Goals:

- Active assisted range of motion flexion to 160 degrees
- Active assisted range of motion abduction to 120 degrees

1. Continue phase 1 and 2 exercises
2. Active assisted range of motion
 - a. Pulley and supine wand into flexion
 - b. External rotation to 0 degrees
 - b. Add shoulder abduction to 120 degrees
3. Active range of motion
 - a. UBE- forward and backward at low resistance
 - b. Biceps and triceps progressive resistive exercises with light weights.

Phase 4 Weeks 6-8

Goals:

- Full active assisted range of motion
 - Minimal compensatory motion
1. Continue above exercises
 2. Active assisted range of motion
 - a. Wand (start internal rotation behind back), pulley, wall climbs, doorway stretch through full range
 3. Active range of motion
 - a. Full range of motion as tolerated
 - b. Rotator cuff strengthening with light resistive band and free weights
 - c. Prone scapular retraction without weight
 - d. Ball on wall – arc's and alphabet
 - e. Wall push ups
 - f. Rhythmic stabilization

4. Passive stretching and mobilization to regain full functional motion

Phase 5 Months 2-3

Goals:

- Functional active range of motion
- Normal rotator cuff strength

1. Active range of motion

- a. Progress exercises with increased resistance
- b. Eccentric rotator cuff and latissimus dorsi exercises for GH stabilization
- c. Table push ups and BAPS/wobble board on hands
- d. Ball toss with arm at side

Phase 6 Months 3-6

Goals:

- Resume recreational activities at 4-6 months (gardening, sports, golf, tennis)
- Continue to progress weight training
- Swimming and running as tolerated

References:

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Presentation at TEC CME event: Dr. Jason Coddling and Dr. Andrew Pastor

*pictures taken from the UW Shoulder and Elbow Academy (<https://shoulderarthritis.blogspot.com/>)