

ANATOMICAL TOTAL SHOULDER REPLACEMENT PROTOCOL

Aim of surgery: To replace the glenoid and humeral head to alleviate symptoms of arthritis or following trauma in the presence of an intact rotator cuff. The primary goal is pain relief.

Expected outcome: Patient reports a relatively pain-free shoulder that facilitates light to moderate upper limb activity between waist height and shoulder level. Some patients are able to achieve an excellent outcome involving the return of functional use above shoulder height. Outcomes are often better in primary OA than trauma. It may take up to 12-24 months to achieve optimal outcome.

Possible complications: Prosthesis failure/loosening long term, infection, humeral shaft or glenoid fracture, dislocation, neurovascular compromise, failure of rotator cuff.

Don't sacrifice quality of movement and function for ROM

Phase 1 Early rehab (1-3/52)

- **No resisted internal rotation or passive external rotation stretch**
- Hand, wrist, elbow exercises
- Scapula setting and postural control exercises
- Restore PROM – scaption to 90, abduction to 40, ER in scapula plane to 30
- ½ lever pulley exercises
- Table slides within safe range
- Isometric sub maximal deltoid exercises
- Sub maximal (less than 30%) isometric peri scapula exercises at 2/52
- Active assisted ROM within safe zone. Supine stick exercises to 90
- Static hold and functional base exercise at 2-3/52
- FOCUS ON SCAPULA DISSOCIATION



Phase 2 rehab. Movement and control phase 3-6/52

- Progress AROM and joint control through previously active assisted ranges in a logical manner with gentle self stretching at end range.
- Add isometric IR
- Progress functional activities

Phase 3 Functional rehab 6/52+

- Progress strengthening through range
- Regularly stretch to end of available range
- Begin work/sport specific rehab

Functional milestones

Driving; the law states that the patient should be in complete control of the car, it is their responsibility to ensure this and to inform their insurance company about their surgery

- Dressings removed 7-10 days post op
- Sling for 3 weeks (unless otherwise stated in op notes)
- Light work (sedentary) 6-8/52
- Driving approx 6/52
- Swimming breaststroke 6/52 freestyle 12/52
- Golf 3/12
- Avoid lifting heavy items for 6/12

