

ORTHOPAEDIC SURGERY & SPORTS MEDICINE

Steven Porter, M.D., PC

4566 East Inverness Avenue, Suite #108

Mesa, AZ 85206

Phone: 480-659-4811

Fax 480-659-4629

Total Shoulder Rehabilitation Post-Operative Rehabilitation Guidelines

Protection Phase

Week 0-2

- Continuous passive motion
- Passive ROM; Flexion 0-90°, ER at 30° abduction: 0-20°, IR at 30° abduction: 0-30°
- NO active IR ROM for 4-6 weeks
- Pain control
- Pendulum exercises
- Elbow/wrist exercises and gripping exercises for hand
- Isometrics: Abductors/IR/ER

Week 2-4

- Pulleys- slowly with control
- Isometrics all planes
- Wall walks
- UBE as tolerated
- Active assisted motion exercises when able: Flexion, ER/IR

Active Assisted Motion Phase

Week 4-8

- Continue ROM
- Passive ROM by end of week 8 : Flexion 0-120°; ER at 90° abduction: 30-40°; IR at 90° abduction: 45-55°
- Strengthening exercises for scapular stabilizers
- Week 6-8 initiate isotonic tubing exercises: IR/ER tubing at 0°, Abduction, Biceps/Triceps

Active Motion to Strengthening Phase

Week 8-12

- Continue above exercises
- Dumbbell strengthening if active ROM is pain free and >130° elevation: Abduction, supraspinatus, flexion

Week 12-17

- Full non-painful ROM
- Eccentric exercise
- Diagonal Patterns

Week 17-25

- Gradual return to recreational activities.