



## Total Shoulder Post-Operative Protocol

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### General guidelines:

- Maintain surgical motion early, but don't push it
- Importance on protecting the subscapularis repair for the first 3 months
- Strengthen the surrounding musculature: This can begin right after surgery
- Minimize heavy, excessive cyclic loads for the first 6 months
- No pulleys in the first 4 weeks

### Phase I – Maximum Protection

#### Weeks 0 to 4:

##### ROM

- Limit 45° passive external rotation to protect subscapularis repair
- Forward elevation progress as tolerated

##### Immobilizer

- 0-4 weeks: worn at all times day and night, off for gentle exercises only

##### Exercises

- 0-2 weeks: grip strengthening, pendulum exercises, elbow/wrist/hand ROM at home
- 2-4 weeks: Begin cuff, deltoid isometrics; towel slides or equivalent
  - Limit external rotation to passive 45° and no active internal rotation or extension until 6 weeks to protect subscapularis repair

### Phase II – Progressive Stretching and Early Strengthening

#### Weeks 4 to 12:

##### ROM

- Increase as tolerated
- Begin active/active-assisted internal rotation and extension as tolerated after 6 weeks if subscapularis repair done, no internal rotation strengthening until 3 months

##### Immobilizer

- Discontinue immobilizer at 6 weeks

##### Exercises

- 4-8 weeks: begin light resisted external rotation, forward flexion and abduction
- 8-12 weeks: Begin resisted internal rotation, extension and scapular retraction

## Phase III – Advanced Strengthening and Proprioception

### Weeks 12-16:

#### ROM

- Progress to full without discomfort

#### Exercises

- Advanced strength training as tolerated
- Closed chain scapular rehabilitation and functional rotator cuff strengthening; focus on anterior deltoid and teres
- Maximize scapular stabilization

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_