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1.0 Policy Statement
1.1 Physiotherapists will refer to this guideline, the operation note, the surgeon’s instructions and their own clinical experience when rehabilitating patients undergoing shoulder arthroplasty.

2.0 Purpose
2.1 The purpose of this guideline is to advise staff and patients on physiotherapy rehabilitation for patients undergoing shoulder arthroplasty.

3.0 Scope
3.1 This guideline applies to all staff involved in the care of a patient undergoing shoulder arthroplasty, the patient and their family.

4.0 Health & Safety
4.1 There are health and safety risks involved in patient care, namely risk of physical injury to patient and staff, risk of infection.

4.2 Physiotherapists have the necessary qualifications and clinical experience to carry out this guideline and to supervise unqualified support staff.

4.3 They must be eligible for membership of their professional body, the Irish Society of Chartered Physiotherapists (ISCP).

4.4 They undertake mandatory manual handling, basic life support and AED training, fire safety and risk management.

4.5 They complete a minimum of 100 hours continuing professional development every three years as required by the ISCP.

5.0 Responsibilities
5.1 It is the responsibility of physiotherapists to implement this guideline.

6.0 Definitions and Abbreviations
PROM Passive Range of Movement
AROM Active Range of Movement
AAROM Active Assisted Range of Movement
7.0 Guideline

7.1 Pre-Operative

7.1.1 Assessment as appropriate, to include shoulder, neck and scapular range of movement, muscle strength & general upper limb function.

7.2 Post-Operative

7.2.1 Phase 1: Post-Operative Day 1-Week 4

7.2.1.1 Goals
- Decrease pain
- Decrease oedema
- Increase shoulder motion
- Educate regarding joint protection

7.2.1.2 Pendulum exercises - Forward/back/circles

7.2.1.3 PROM - Limit external rotation to 20°
- Aim for 0-90° by the end of 2 weeks

7.2.1.4 AROM - Initially only the elbow, wrist and hand
- Grasping and gripping lightweight objects
- Active shoulder flexion as pain allows

7.2.1.5 Ice packs for 15-20 minutes, as often as possible and especially after exercising, for 8-10 days.

7.2.1.6 Instructions on home exercises.

7.2.1.7 Instructions on use of sling or immobiliser outside of clothing.

7.2.1.8 Use the arm to eat etc in front of body (anterior to plane of scapula) when comfortable.

7.2.1.9 Lift nothing heavier than a cup of tea.

7.2.1.10 Aerobic exercise as medical condition permits.

7.2.1.11 After 2 weeks begin isometric exercises all muscle groups.

7.2.1.12 After 3 weeks begin rope and pulley exercise
7.2.2 Phase 2: Weeks 5 - 10

7.2.2.1 Goals 
- Decrease pain
  - Increase active shoulder motion
  - Increase strength
  - Improve functional activities

7.2.2.2 PROM exercises, gradually increasing external rotation as tolerated.

7.2.2.3 Continue pendulum exercises.

7.2.2.4 Begin AROM and AAROM (cane) limited to pain free arcs.

7.2.2.5 Assisted elevation supine using uninvolved arm to assist.

7.2.2.6 Assisted external rotation supine.

7.2.2.7 Assisted flexion and extension of the shoulder.

7.2.2.8 Encourage motion in flexion without scapular compensation.

7.2.2.9 Wall walking with hands for forward flexion and elevation.

7.2.2.10 Continue isometrics.

7.2.2.11 Use light theraband emphasising internal/external rotation with elbow at 90°.

7.2.2.12 Begin lightweight (<5lbs) strengthening of biceps and triceps with elbow supported as necessary.

7.2.2.13 Scapular strengthening.

7.2.2.14 Aerobic exercise.

7.2.2.15 Continue ice/warmth, massage and water exercise where indicated.
7.2.3 Phase 3: Weeks 11 onwards
7.2.3.1 Goals
- 140° elevation (90° if limited programme).
- 40° external rotation (20° if limited programme).
- Internal rotation thumb to L2 (L5 if limited programme) increase strength
- Improve co-ordinated control of the shoulder for daily activities and work

7.2.3.2 PROM exercises, gradually increasing external rotation as tolerated.

7.2.3.3 Continue to progress all elements from Phase 2.

7.2.3.4 Emphasise rope and pulley and theraband to gradually increase range.

7.2.3.5 Begin lightweight (<5lbs) strengthening of the shoulder muscles in addition to triceps and biceps.

7.2.3.6 Continue aerobic training

8.0 Related Documents
Individual Physiotools exercise programme

9.0 Appendices
N/A

10.0 References
N/A