

HOME PHYSICAL THERAPY GUIDE

Complete all exercises 2-3 times each day
10 repetitions at a time



OrthoCarolina

THIS GUIDE BELONGS TO:

NEXT APPOINTMENT DATE:

LOCATION:

WITH:

CONTACT [NAME] WITH
QUESTIONS AT [CONTACT INFO]

PHASE 1

IMMEDIATE POST SURGICAL PHASE
(DAY 1 TO 5 WEEKS)

GOALS:

- Joint protection- avoidance of “extremes of shoulder motion”.
No putting your hand behind your back
- Gradually increase passive range of motion of shoulder
- Restore active range of motion of elbow/wrist/hand.

PROTECTIONS:

01 SLING IS WORN 4 WEEKS POST OPERATIVELY EXCEPT:

- While doing home exercises
- During bathing and dressing
- While seated in chair for waist-level activities of daily living



02 WHILE LYING FLAT, THE ELBOW SHOULD BE SUPPORTED BY A PILLOW OR ROLLED TOWEL. (AS PICTURED)

03 NO SHOULDER REACHING OR LIFTING AWAY FROM THE BODY

04 NO LIFTING OF OBJECTS WITH OPERATIVE EXTREMITY

05 NO STRETCHING OR SUDDEN MOVEMENTS

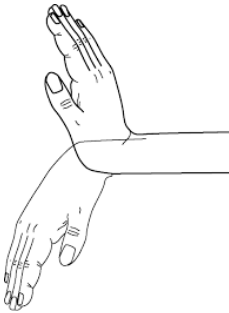
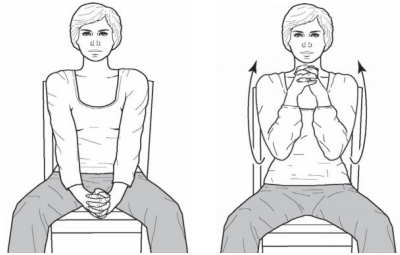
ACUTE CARE THERAPY

(DAYS 1 TO 14)

RANGE OF MOTION IS ENCOURAGED FOR THE ELBOW, WRIST, AND HAND.

01 PASSIVE ELBOW RANGE OF MOTION

Sit in a chair, and use your good arm to help bend the elbow on your surgical arm up and down

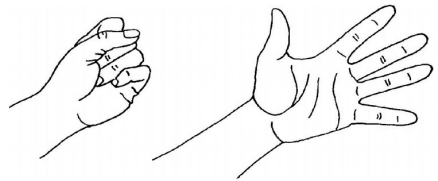


02 ACTIVE WRIST RANGE OF MOTION

Bend your hand up and down.

03 ACTIVE FINGER RANGE OF MOTION

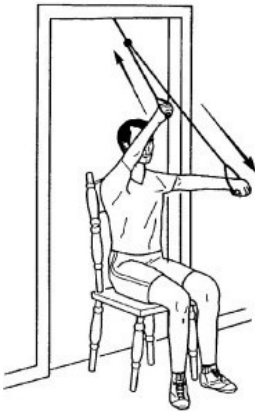
Bend your finger and straighten them back out.



REMEMBER CONTINUOUS CRYOTHERAPY (ICE MACHINE, IF YOU HAVE IT) FOR FIRST 72 HOURS POSTOPERATIVELY, THEN FREQUENT APPLICATION (4-5 TIMES A DAY FOR 20 MINUTES).

WEEKS 3 TO 5

- PROGRESS EXERCISES LISTED ABOVE.
- **NOTE:** DISCONTINUE USE OF SLING AT **4 WEEKS** AFTER SURGERY
- PROGRESS PASSIVE RANGE OF MOTION



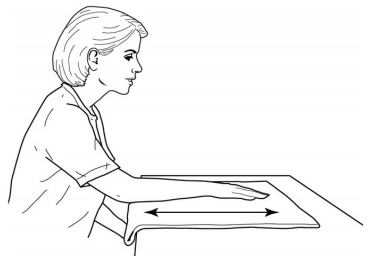
04 ROPE & PULLEY

You will receive a pulley in clinic.

Pull downward with your good arm, which will raise your operative arm gently over your head.

05 TABLE SLIDES

- Rest your arm on a table in a comfortable position.
- Gently slide your arm in front of you as if you are reaching for an item on the table.
- Hold for 15 seconds, and slide your arm back to the starting position



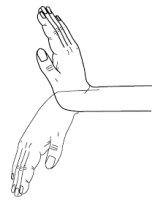
PHASE 1

(DAY 1 TO 5 WEEKS)

01



02



Please record how many sets (1 set=10 repetitions) of each exercise you **attempted**:
(For example: "0-1-2-3")

ACTIVITY

DAYS 1 TO 14

01 Passive Elbow
Range of Motion

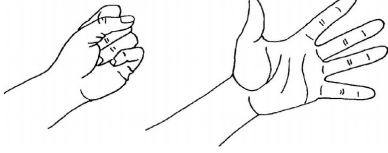
02 Active Wrist
Range of Motion

03 Active Finger
Range of Motion

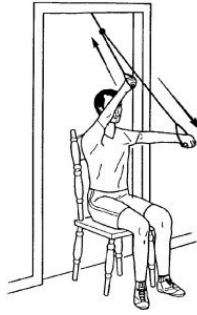
04 Rope and
Pulley Exercise

05 Table Slides

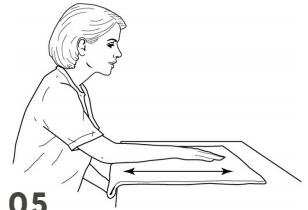
Did you complete
the appropriate
cryotherapy today?
(Y / N)



03



04



05

ACTIVITY

WEEKS 3 TO 5

01 Passive Elbow
Range of Motion

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02 Active Wrist
Range of Motion

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03 Active Finger
Range of Motion

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04 Rope and
Pulley Exercise

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05 Table Slides

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Did you complete
the appropriate
cryotherapy today?
(Y / N)

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PHASE 2

EARLY STRENGTHENING PHASE
(WEEKS 6 TO 11)

GOALS:

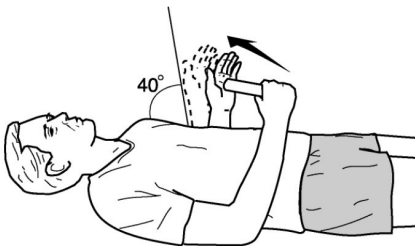
- Sling should be discontinued from 4 weeks postoperative
- Continue progression of range of motion
- Continue to use your arm for activities of daily living

PROTECTIONS:

- 01 CONTINUE TO AVOID REACHING WITH YOUR HAND BEHIND YOUR BACK.
- 02 RESTRICT LIFTING OF OBJECTS TO NO HEAVIER THAN A COFFEE MUG.
- 03 NO SUPPORTING OF BODY WEIGHT BY INVOLVED UPPER EXTREMITY.



01 PASSIVE EXTERNAL ROTATION WITH A DOWEL ROD

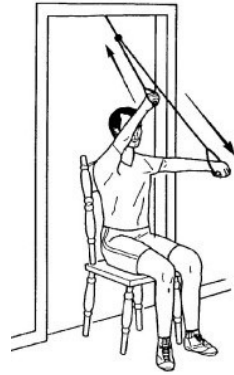


- Lie on your back and hold a dowel rod/broom handle, keeping your elbow bent and in close to your side.
- Use your good arm to push your other arm out to the side with the dowel rod while keeping your elbow tucked in to your side.
- Hold stretch for 15 seconds at a time.

**02 ROPE & PULLEY
(REPEAT FROM PHASE 1)**

You will receive a pulley in clinic.

Pull downward with your good arm, which will raise your operative arm gently over your head.

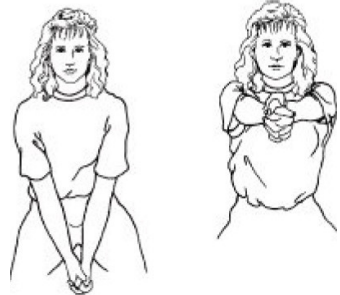


03 WALK UP EXERCISE

- With your elbow held straight, use your fingers to “crawl” up a wall or door frame as far as possible.
- Hold for 10-20 seconds each time.

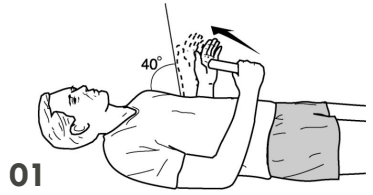
04 SHOULDER RAISE

- Sit or lie down, and use your good arm to help raise your surgery arm up above your head.
- Hold, and then slowly bring your arm back down to your side.



PHASE 2

(WEEKS 6 TO 11)



Please record how many sets (1 set=10 repetitions) of each exercise you **attempted**:
(For example: "0-1-2-3")

ACTIVITY

WEEK 6 AND 7

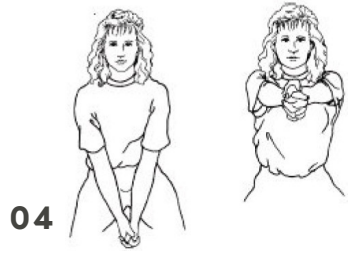
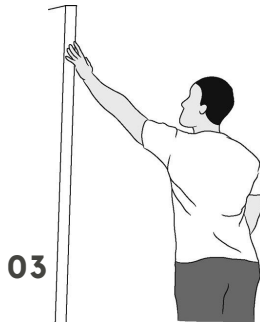
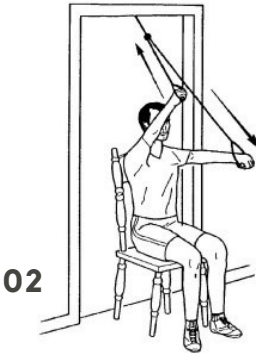
01 Passive
External Rotation
with a Dowel Rod

02 Rope and
Pulley Exercise

03 Walk Up
Exercise

04 Shoulder
Raise Exercise

Did you complete
the appropriate
cryotherapy today?
(Y / N)



ACTIVITY

WEEKS 8 TO 11

01 Passive External Rotation with a Dowel Rod

02 Rope and Pulley Exercise

03 Walk Up Exercise

04 Shoulder Raise Exercise

Did you complete the appropriate cryotherapy today?
(Y / N)

PHASE 3

MODERATE STRENGTHENING PHASE
(WEEKS 12+)

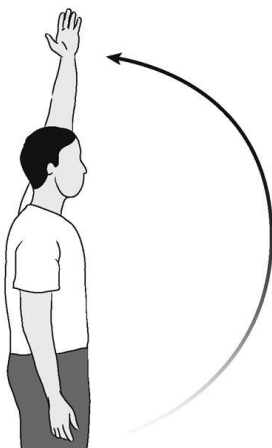
GOALS:

- Enhance functional use of operative shoulder and advance functional activities.
- Enhance shoulder muscular strength and endurance.

PROTECTIONS:

- 01 **NO LIFTING OF OBJECTS HEAVIER THAN 10 LBS WITH OPERATIVE SHOULDER.**
- 02 **NO SUDDEN LIFTING OR PUSHING ACTIVITIES.**

CONTINUE PHASE 2 EXERCISES AND ADD THE FOLLOWING ACTIVITIES TO YOUR ROUTINE

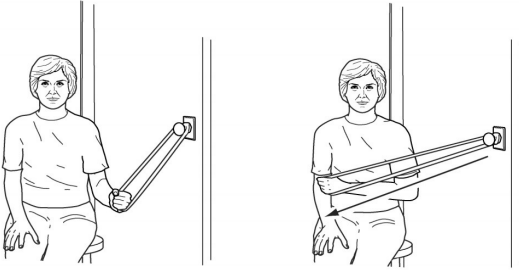


01 **SHOULDER FORWARD ELEVATION**

- Raise arm upward to point to ceiling, keeping elbows straight and leading with your thumb, as shown.
- Hold for 10 seconds.

Tip: Avoid hiking or bringing up your shoulder blade. It may be beneficial to watch yourself do this exercise in front of a mirror.

02 SHOULDER EXTERNAL ROTATION



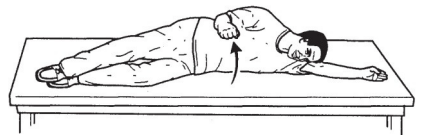
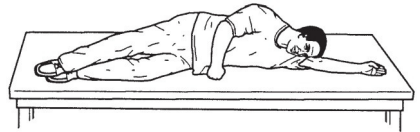
- Attach the theraband at waist height.
- Pull the theraband out across your body, keeping the elbow at your side.
- Slowly return to the start and relax.

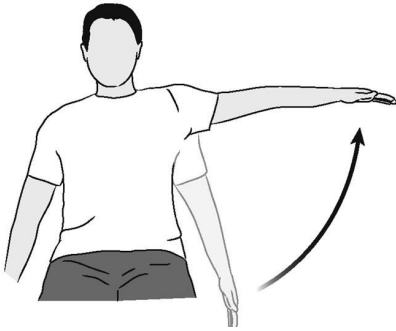


NOTE: If sitting/standing using the theraband for external rotation exercise is too difficult, you can perform while lying on your good side with the arm on the surgery side closest to the ceiling. As shown below.

02* ALTERNATIVE OF SHOULDER EXTERNAL ROTATION

- Have your upper arm at your side with the elbow bent at 90 degrees, and with the upper arm fixed at your side, raise your hand up to shoulder level.
- Hold and then slowly lower to starting point.



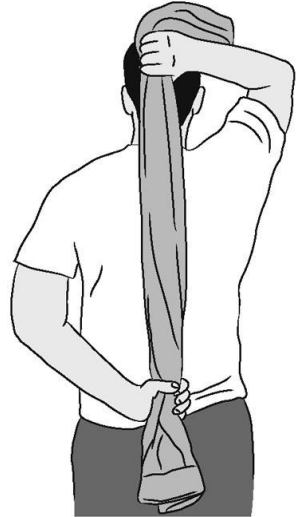


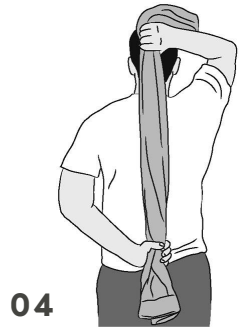
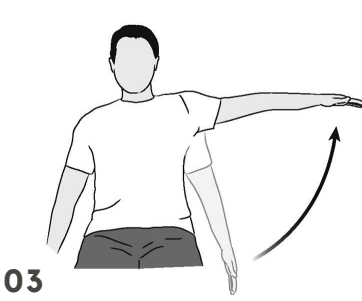
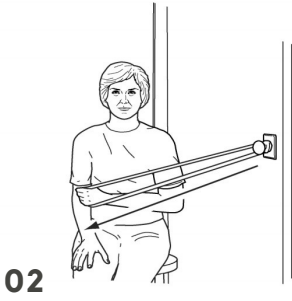
03 SHOULDER ABDUCTION

- Raise arm out to side, with elbow straight and palm downward.
- Do not shrug your shoulder or tilt your trunk.

04 SHOULDER INTERNAL ROTATION

- Use your other hand or a towel to help bring your involved hand behind your back and across to the opposite side.





ACTIVITY

EXERCISES FROM PHASE 2 TO CONTINUE

01 Passive
External Rotation
with a Dowel Rod



02 Rope and
Pulley Exercise



03 Walk Up
Exercise



04 Shoulder
Raise Exercise



NEW EXERCISES INTRODUCED TO PHASE 3

01 Shoulder
Forward Elevation



02 Shoulder
External Rotation



03 Shoulder
Abduction



03 Shoulder
Internal Rotation



Did you complete
the appropriate
cryotherapy today?
(Y / N)



PHASE 4

ADVANCING ACTIVITIES
(4 TO 6 MONTHS POST OP)

AFTER YOU CAN COMFORTABLY COMPLETE PHASE 3 ACTIVITIES YOU CAN MOVE TO PHASE 4. THE AMOUNT OF TIME IT WILL TAKE IS SUBJECTIVE FOR EACH PATIENT. IF YOU HAVE QUESTIONS, YOU SHOULD CONSULT YOUR PHYSICIAN.

GOALS:

- You may use the arm for all activities of daily living
- You may return, if you wish, to golf, light swimming, light tennis, and other low impact recreational activities

REFERENCES:

1. "Physical Therapy for Reverse Total Shoulder Replacement". Patient Education; patienteducation.osumc.edu. The Ohio State University Wexner Medical Center.
2. Rehabilitation & Sports Medicine. www.fallonclinic.org
3. Accelerated Home HealthCare. www.Acceleratedinc.net
4. www.orthoinfo.aaos.org



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