

**TOTAL SHOULDER REPLACEMENT (PHASE 1: Protection of Subscapularis Phase
FIRST 6 WEEKS) PART A (Anatomicals will have a subscapularis repair)**

PENDULUMS



Completely RELAX operated shoulder.

Bending forward allows relaxed arm to hang down towards the ground.

You can make small, controlled circles with your hanging arm.

SCAPULAR RETRACTION



Pull shoulder blades together.

SHOULDER SHRUGS



Shrug shoulders up and down in a controlled way.

ASSISTED / UNASSISTED ELBOW RANGE OF MOVEMENT EXERCISES



Move your elbow up and down with assistance from NON-operated arm if you've had a biceps tenodesis.

No assistance if you haven't had a biceps tenodesis.

ACTIVE ONLY EXTERNAL ROTATION to 0° WITH ELBOWS BY SIDE



Rotate your arm(s) outward making sure you keep your elbows by your side. Only rotate out to 12 o'clock.

(Unlimited ER if no subscapularis repair)

PASSIVE ONLY INTERNAL ROTATION



Completely RELAX your operated arm by supporting the weight of this arm with your other hand.

Rotate your operated arm inwards using your other hand.

(Active IR if no subscapularis repair)

ACTIVE ASSISTED FLEXION IN LYING &/OR

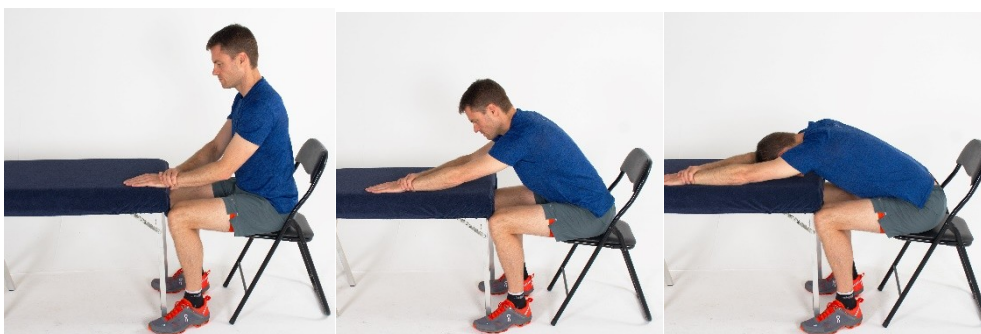


Lie on your back. Grasp your operated arm with your unaffected arm/hand.

Move your operated arm 'up and over' your head. Try not to tense your operated shoulder too much as this will lessen your range and make the movement more uncomfortable.

(Stop at **90° flexion** if subscapularis repair)

ACTIVE ASSISTED FLEXION SLIDING HAND ALONG TABLE



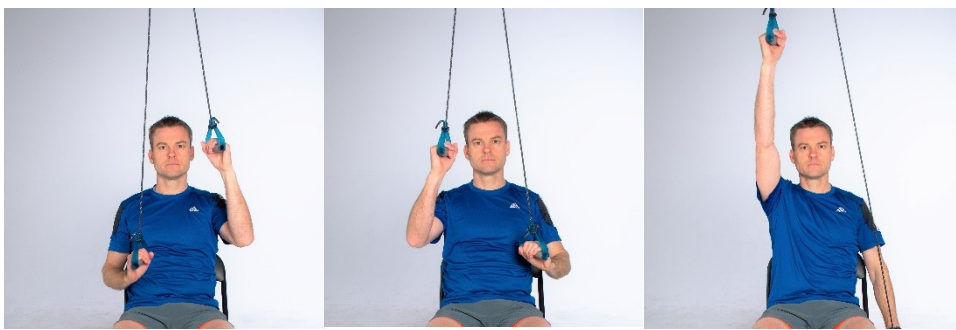
Slide your hand along a table, using NON-operated arm to guide it. Can place hand on a cloth to make it slide easier.

ACTIVE ASSISTED ABDUCTION SLIDING HAND ALONG TABLE



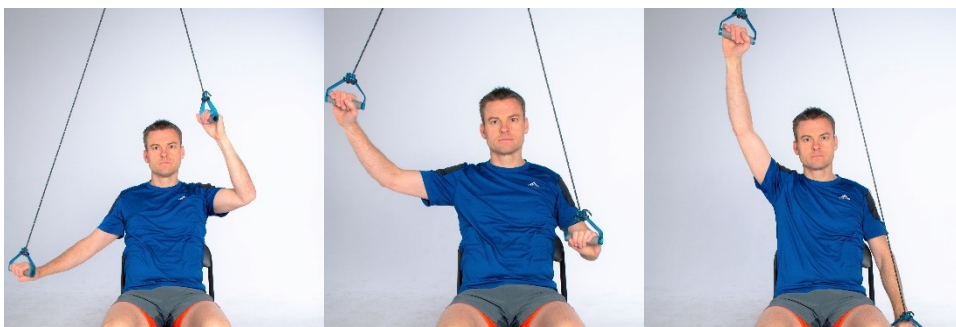
Slide your hand along a table, using NON- operated arm to guide it. Can place hand on a cloth to make it slide easier. Elbow crease must face forward.

PULLEYS (FLEXION)

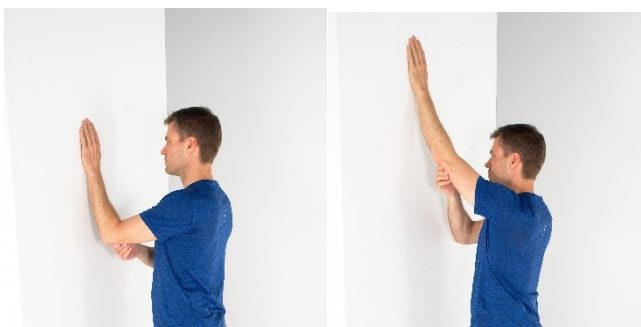


Using pulleys, pull down on handle with your NON-operated arm to help lift your operated arm. Reduce the 'help' as you get stronger.

PULLEYS (ABDUCTION)



CATERPILLARS UP WALL



The purpose of caterpillars up the wall is to allow the friction created by your hand on the wall to lessen the weight of your arm. This makes it easier for your shoulder muscles to lift the arm. Add to this, initially helping with your other arm, allows for a smooth transition towards normal lifting over this Phase 2 period.

PART B (start PART B when you are achieving good, painfree range of movement with PART A exercises)

FLEXION & EXTENSION ACTIVE RANGE OF MOVEMENT (elbow bent or straight)



ABDUCTION ACTIVE RANGE OF MOVEMENT (elbow bent or straight)

