

Ryan C. Pate, MD

**Robert J. Dole VAMC
5500 E. Kellogg St.
Wichita, KS 67218
316-685-2221
Fax: 316-681-5522**



TOTAL SHOULDER REHABILITATION PROTOCOL

PHASE 1- (2nd Day to 4th Week Post-Op)

2 - 5 Days Post-Op

A. Early passive ROMs & active assisted ROMs

1. Supine position

a) Forward elevation, passive & assisted

b) External rotation with arm at side – physician will specify limited range

5 Days - 4 Weeks

A. Continue above ROMs

B. Pendulum exercises

C. Assisted extension

D. Assisted internal rotation - posterior to trunk

E. F. 3rd Week: Start Isometrics

1. External rotation

2. Internal rotation

3. Extensors, flexors, abductors

PHASE II - (4 - 6 Weeks to 3 Months) Active Exercise Program

A. Supine forward elevation

B. Standing forward elevation assisted by other extremity

C. Continue rotational exercises

D. Controlled self-stretching

E. Assisted external rotation - arms clasped behind neck

6th Week:

A. Convert isometrics to resistance exercises, use various grades of elastic tubing

B. Strengthen in internal rotation, external rotation, forward flexion, abduction and extension

PHASE III - (After 3 Months)

A. Residual deficiencies in range-of-motion and strength can be addressed by stretching and continued strengthening

B. Light weights or progressive resistance tubing for strengthening is used