

## **Rehabilitation program following shoulder replacement with periarticular soft tissue damage (Fracture or Cuff tears).**

Collar and cuff/sling in neutral rotation or internal rotation for 15 – 20 days, local ice therapy for first 3 days.

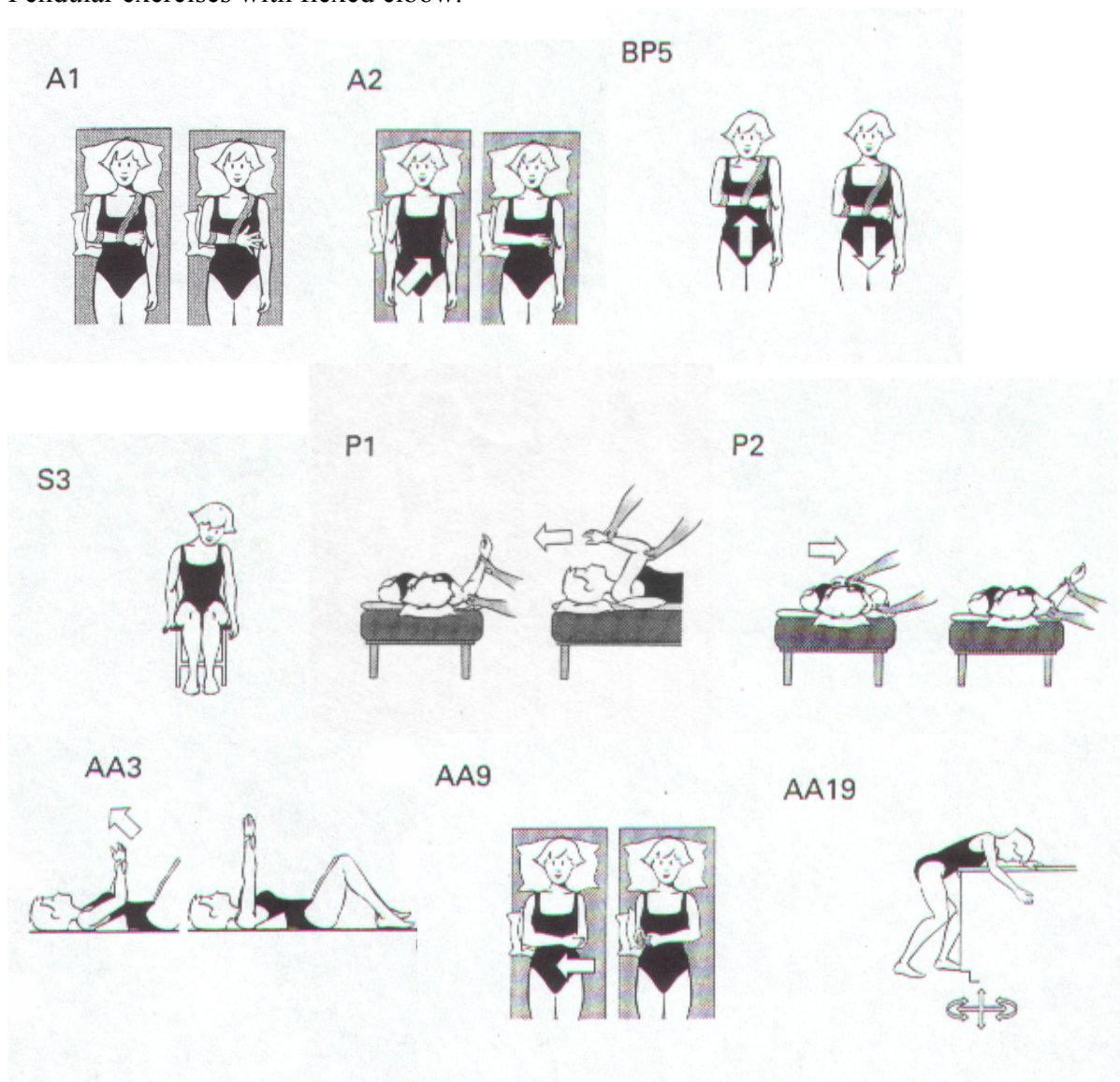
### **1 – 20 days:**

Hand pumping and elbow flexion-extension exercises, selfstretching of trapezius, scapular elevation and depression exercises.

Passive and assisted articular mobilisation with contralateral limb in supine:

Elevation 0 – 90 degrees, internal and external rotation performed in 30 degrees of abduction (or according to the surgeon's instructions).

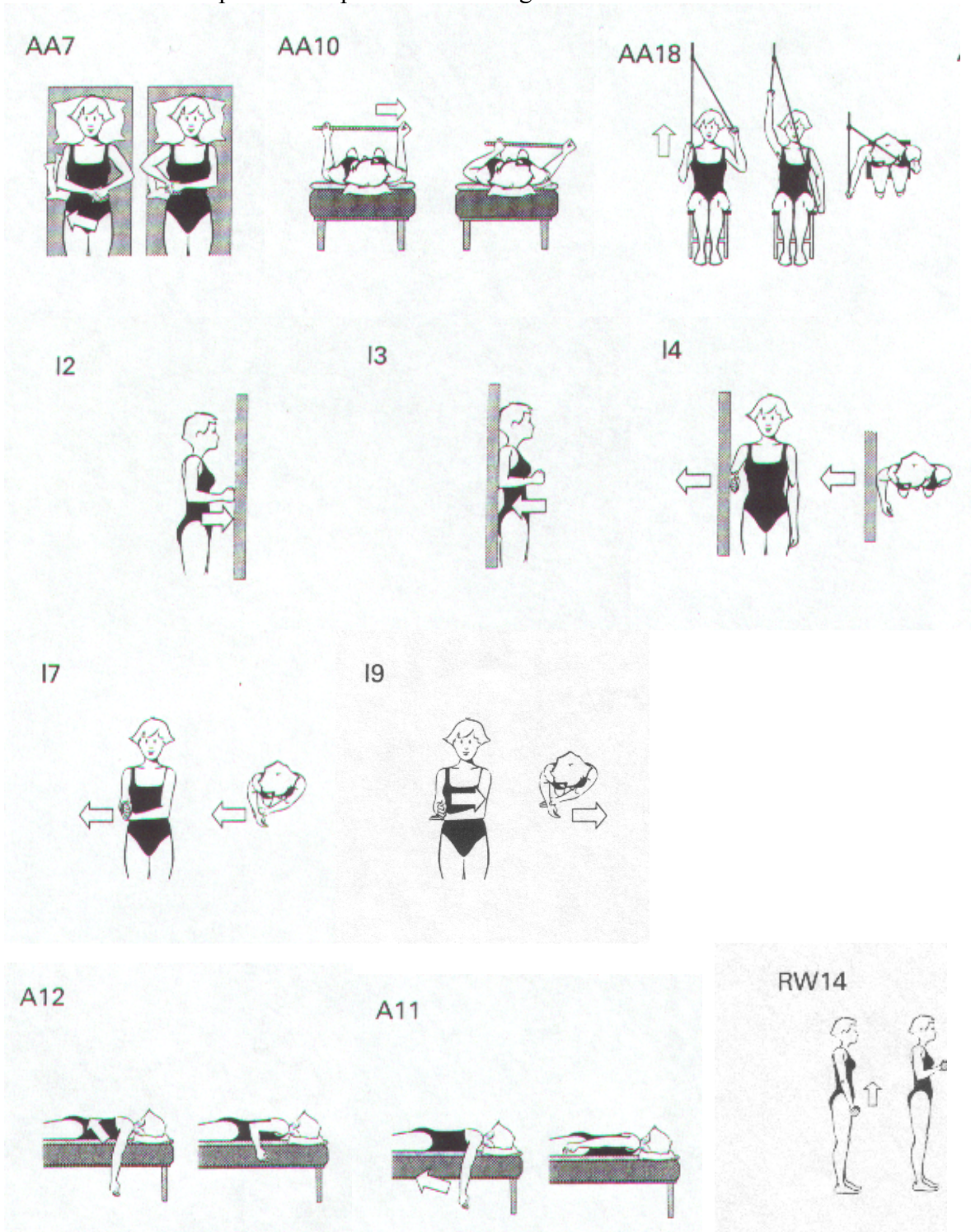
Pendular exercises with flexed elbow.



### **20 – 40 days:**

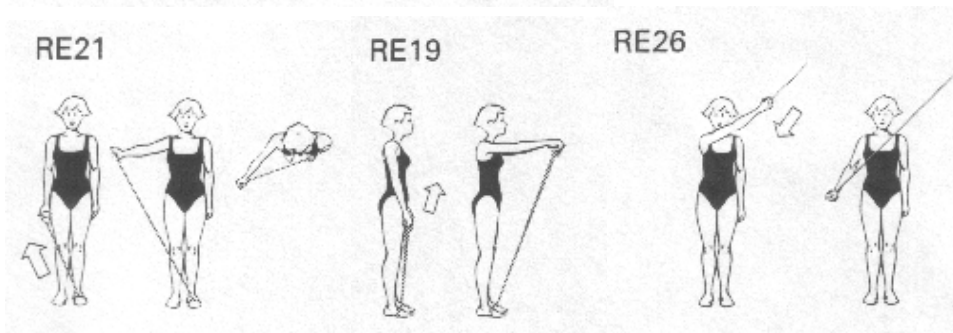
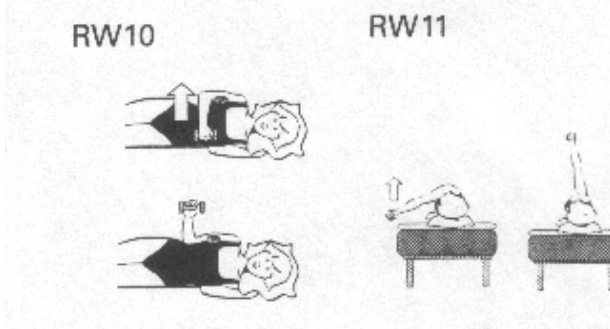
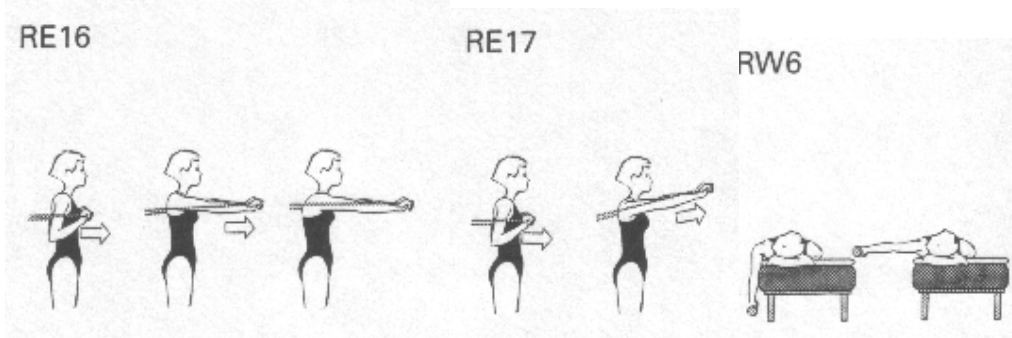
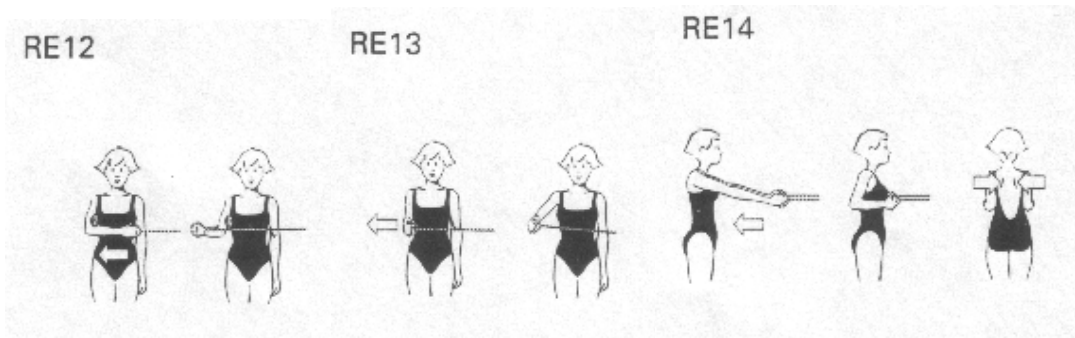
- Proceed with pendular exercises and elbow extension.
- Assisted mobilisation with pulleys and sticks and with contralateral limb in supine and sitting: elevation 0 – 110 degrees, extension 0 – 60 degrees (o according to the surgeon's instructions), and abduction 0 – 70 degrees.

- Gradual isometric strengthening: deltoid, external and internal rotation at 0 – 30 degrees of abduction.
- Active mobilisation as pain allows.
- Isotonic biceps and triceps with increasing loads.



**6 – 12 weeks:**

- Active mobilisation to recover shoulder range of movement as pain allows.
- Eccentric and isotonic exercises with resistance bands: deltoid, internal and external rotation and scapula-thoracic musculature.
- Progressive capsular self stretching in elevation, internal and external rotation.



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