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Dr. Denard's Rehabilitation Protocols Open Shoulder Surgery

Anatomic Total Shoulder Replacement

0 to 4 weeks after surgery:

These patients use a sling for 4 weeks, which they may remove for showers and meals only. Ball squeezes with the hand are encouraged throughout the day.

Three times per day patients do the following exercises during this period:

- 1) Active elbow flexion and extension with the arm at the side
- 2) Isometric scapular retraction exercises

2 to 4 weeks after surgery:

- 1) Table slides to 90 degrees

4 to 8 weeks after surgery:

The sling is discontinued at 4 weeks after surgery.

Three times per the day patients continued the above exercises with the addition of:

- 1) Passive external rotation with a stick as tolerated
- 2) Passive forward elevation with a rope and pulley

8 weeks after surgery:

Active motion in all planes is allowed.

They begin strengthening with elastic bands.

Three times per the day patients do the following exercises:

- 1) Wall washes
- 2) Continued Passive external rotation with a stick as needed
- 3) "4-pack" strengthening exercises
 - a. Resisted internal rotation
 - b. Resisted external rotation
 - c. Low row
 - d. Biceps curl

*Recreational activities (golf, tennis, etc.) are allowed at 4 to 6 months

Reverse Total Shoulder Replacement

0 to 6 weeks after surgery:

These patients use a sling for six weeks, which they may remove for showers and meals only.

Ball squeezes with the hand are encouraged throughout the day.

Three times per day patients do the following exercises during this period:

- 1) Active elbow flexion and extension with the arm at the side
- 2) Isometric scapular retraction exercises
- 3) For Reverse shoulder replacements, avoid internal rotation beyond the chest and extension of the arm behind the body

2 to 6 weeks after surgery:

Three times per the day patients continued the above exercises with the addition of:

Table slides to 90 degrees

6 to 12 weeks after surgery:

The sling is discontinued at six weeks after surgery.

Three times per the day patients continued the above exercises with the addition of:

- 1) Passive external rotation with a stick is as tolerated
- 2) Passive forward elevation with a rope and pulley

12 weeks after surgery:

Active motion in all planes is allowed.

They begin strengthening with elastic bands.

Three times per the day patients do the following exercises:

- 1) Wall washes
- 2) Continued Passive external rotation with a stick as needed
- 3) “4-pack” strengthening exercises
 - a. Resisted internal rotation
 - b. Resisted external rotation
 - c. Low row
 - d. Biceps curl

*Recreational activities (golf, tennis, etc.) are allowed at six months

Shoulder Fracture - Open Reduction Internal Fixation and Hemiarthroplasty

0 to 4 weeks after surgery:

These patients use a sling for up to 4 weeks (earlier motion is allowed in select cases), which they may remove for showers and meals only. Ball squeezes with the hand are encouraged throughout the day.

Three times per day patients do the following exercises during this period:

- 1) Active elbow flexion and extension with the arm at the side
- 2) Isometric scapular retraction exercises

***Less severe fractures may be allowed earlier motion (passive external rotation or table slides in some cases; this will be specified)

2 to 4 weeks after surgery:

Three times per the day patients continued the above exercises with the addition of:

- 1) Table slides

4 to 8 weeks after surgery:

The sling is discontinued at four weeks after surgery.

Three times per the day patients do the following exercises:

- 1) Table Slides
- 2) Passive elevation with a rope and pulley
- 3) External rotation with a stick

8 weeks after surgery:

Active motion in all planes is allowed.

They begin strengthening with elastic bands.

Three times per the day patients do the following exercises:

- 1) Wall washes
- 2) Continued external rotation with a stick
- 3) "4-pack" strengthening exercises
 - a. Resisted internal rotation
 - b. Resisted external rotation
 - c. Low row
 - d. Biceps curl

*Internal rotation is delayed until 8 weeks after surgery because this places increased strain on the repair

Latarjet Reconstruction

0 to 4 weeks after surgery:

These patients use a sling for four weeks, which they may remove for showers and meals only.

Ball squeezes with the hand are encouraged throughout the day.

Three times per day patients do the following exercises during this period:

- 1) Active elbow flexion and extension with the arm at the side
- 2) Isometric scapular retraction exercises

4 to 8 weeks after surgery:

Passive motion.

The sling is discontinued at 4 weeks after surgery.

Three times per the day patients do the following exercises:

- 1) Passive elevation with a rope and pulley
- 2) Passive external rotation with a stick, goal is to reach half that of opposite arm at 12 weeks after surgery
- 3) Table slides

8 weeks after surgery:

Active motion in all planes is allowed.

They begin strengthening with elastic bands.

Three times per the day patients do the following exercises:

- 1) Passive elevation with a rope and pulley
- 2) Passive external rotation with a stick as tolerated
- 3) "4-pack" strengthening exercises
 - a. Resisted internal rotation
 - b. Resisted external rotation
 - c. Low row
 - d. Biceps curl

*Weightlifting and most activity is allowed 4 months after surgery

**Collision sports are delayed until 6 to 9 months

AC Joint Reconstruction and Clavicle Fractures

0 to 4 weeks after surgery:

These patients use a sling for four weeks, which they may remove for showers and meals only.

Ball squeezes with the hand are encouraged throughout the day.

Three times per day patients do the following exercises during this period:

- 1) Active elbow flexion and extension with the arm at the side
- 2) Isometric scapular retraction exercises

2 to 4 weeks after surgery:

Three times per the day patients continued the above exercises with the addition of:

- 1) Table slides
- 2) Passive external rotation with a stick

4 to 8 weeks after surgery:

The sling is discontinued at 4 weeks after surgery.

Three times per the day patients do the following exercises:

- 1) Passive elevation with a rope and pulley
- 2) Passive external rotation with a stick
- 3) Table slides

8 weeks after surgery:

Active motion in all planes is allowed.

They begin strengthening with elastic bands.

Three times per the day patients do the following exercises:

- 1) Passive elevation with a rope and pulley
- 2) Passive external rotation with a stick as tolerated
- 3) "4-pack" strengthening exercises
 - a. Resisted internal rotation
 - b. Resisted external rotation
 - c. Low row
 - d. Biceps curl

*Weightlifting and most activity is allowed 4 months after surgery

**Collision sports are delayed until 6 months for AC reconstructions and when there is radiographic healing for clavicle fractures