

TOTAL SHOULDER ARTHROPLASTY REHABILITATION PROTOCOL

(TO BE GIVEN TO YOUR PHYSICAL THERAPIST)

PHASE I:	SLING	ROM/EXERCISE
Week 0-3	<ul style="list-style-type: none"> • All times except <ul style="list-style-type: none"> • Exercise • Dressing • Eating • Showering 	<ul style="list-style-type: none"> • PROM performed by Physical Therapist (not to exceed surgical ROM) • FLEX and ER to neutral (minimize reps 5-10) • Therapist ROM should not be excessively painful. • Encourage patient PROM • Pendulums and Codman's exercises • Towel slides or equivalent • Pool for PROM, once incision healed • General conditioning (stationary bike, treadmill, etc.) • Maintain hand strength • Maintain normal motion at the elbow and wrist • Do not use arm to push up out of chair/bed
Week 3-6	<ul style="list-style-type: none"> • Wean • Wear at night and when out of house 	<ul style="list-style-type: none"> • Supine AAROM (not to exceed surgical motion) • FLEX, ABD, ADD, IR with towel, start ER at 6 weeks (minimize reps 5-10) • Pool for PROM and AAROM (water is assistance) • Use combined motions and teach fluidity of movement • 10 reps with combined movement in pool • Light scapular strengthening (i.e. scapular setting, gentle MR scap protraction and retraction) • Gentle joint mobilization and soft tissue mobilization to restore normal scapular mobility • Nerve glides as necessary • Do not use arm to push up out of chair/bed
PHASE II:		

Week 6-12	<ul style="list-style-type: none"> Discontinue sling 	<ul style="list-style-type: none"> Continue with PROM Increase AAROM on land - Progress from SUPINE to SEATED, then to STANDING position At 6 weeks begin AROM on land, against gravity (straight planes only, no combined motions) Pool – continue AAROM and AROM Can begin pulley work but NOT BEFORE Progress to some light closed-chain proprioceptive exercises (wall washing) Arm bike with no resistance Gentle joint mobilization to restore normal accessory glide motion in shoulder girdle if necessary
PHASE III:		
Week 12-18	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Begin AROM with combined motions at 12 weeks (on land, against gravity) Begin light strengthening – lats, rhomboids, biceps, triceps, pecs, deltoids Pool – continue and use floats and paddles for light resistive work in water Increase scapular strengthening with theraband and light weights Add more advanced proprioceptive exercises, specific for work, ADLs, sport

General Guidelines:

- Maintain surgical motion early, but don't push it.
- Protect the subscapularis repair: No internal rotation resistance until at least 4 ½ months for patients with tenotomy.
- For patients with Lesser Tuberosity (LT) osteotomy, internal rotation strengthening may progress as tolerated after 3 month post op checkup with x-ray to confirm LT healing.
- Strengthen the surrounding musculature-this can start anytime.
- Alternate between pool and land therapy.
- Minimize heavy, excessive cyclic loads for the first 6 months.
- No pulleys in first 6 weeks.
- No resistance until 4 ½ months, except for periscapular muscles.

This is a gradual progression, not a stepped progression.