

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: | | |
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| 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.