

Total Shoulder Arthroplasty Postoperative Rehab Protocol

Phase I: Weeks 0-6

- Sling immobilization for first 4-6 weeks—out of sling to do home exercise program (pendulums) twice daily
- Range of Motion – PROM →AAROM →AROM as tolerated except no active Internal Rotation/Backwards Extension for 6 weeks (this protects the subscapularis repair)
 - Week 1 Goal: 90° Forward Flexion, 20° External Rotation at the side, maximum 75° Abduction
 - Week 2 Goal: 120° Forward Flexion, 40° External Rotation at the Side, Maximum 75° Abduction
- Therapeutic Exercise
 - Grip Strengthening
 - Pulleys/Cane
 - Elbow/Wrist/Hand Exercises
 - Teach Home Exercises -- Pendulums
- Heat/Ice before and after PT sessions

Phase II: Weeks 6-12

- Discontinue sling if still being worn
- Range of Motion –AAROM/AROM - increase as tolerated with gentle passive stretching at end ranges
 - Begin Active Internal Rotation and Backward Extension as tolerated
- Therapeutic Exercise
 - Begin light resisted exercises for Forward Flexion, External Rotation and Abduction – isometrics and bands – Concentric Motions Only
 - **No Resisted Internal Rotation, Backward Extension or Scapular Retraction**
- Modalities per PT discretion

Phase III: Months 3-12

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise
 - Begin resisted Internal Rotation and Backward Extension exercises
 - Advance strengthening as tolerated – Rotator Cuff, Deltoid and Scapular Stabilizers
 - Begin eccentric motions, plyometrics and closed chain exercises
- Modalities per PT discretion

Comments:

Frequency: _____ times per week
Signature: _____

Duration: _____ weeks
Date: _____