



## Total Shoulder Arthroplasty Rehabilitation Program

Functional expectations will ultimately depend on quality of soft tissues, underlying pathology, surgical approach and post-operative complications. This protocol is meant as a guide, not a substitute for sound clinical decision-making based on the progression of each individual patient.

### PHASE 1 – IMMEDIATE POST-OP/JOINT PROTECTION (Weeks 0-6)

#### Precautions:

- Sling for first 4 weeks, 6 weeks total night time
- While lying supine, a small pillow or rolled towel should be placed behind the elbow to avoid shoulder hyperextension, anterior capsule & subscapularis stretch
- Avoid shoulder AROM, no shoulder motion behind back, no excessive stretching or sudden movements
- No leaning or supporting of body weight by hand on involved side
- Keep incision clean and dry (no soaking for 2 weeks)
- No lifting objects

#### Weeks 0-3

*PROM Flexion:* 0-90 degrees

- Table side, progress to supine when tolerated

*PROM External Rotation in 20-30 degrees ABD:* belly to 0 degrees

- Supine elbow supported, avoid stretching

Pendulum Exercises

Elbow/wrist ROM, gripping exercises for hand

Light Isometrics in neutral (Day 10)

- ER, scapular/postural musculature

Ice & Modalities

#### Weeks 3-6

*PROM/AAROM Flexion:* as tolerated. Typically, 90-120 degrees

- Add pulley for forward flexion

*PROM ER in 20-30 degrees ABD:* belly to 20-30 degrees. Gentle progression, no forced motion

Isometrics in neutral

- ER, Flexion, Extension, Abduction

#### Goals:

- Allow early healing of soft tissue
- Increase passive range of motion
- Decrease shoulder pain/swelling
- Limit muscular atrophy and prevent rotator cuff inhibition



## PHASE 2 – ACTIVE MOTION PHASE (Weeks 6-12)

### Precautions:

- No lifting of objects > 2 lbs
- When lying supine, continue to use a small pillow or rolled towel behind the elbow
- Avoid repetitive active elevation of arm in the presence of poor shoulder mechanics
- No supporting of body weight by hand on involved side
- No sudden jerking motions

### Weeks 6-8

*PROM/AAROM Flexion:* to tolerance

*PROM/AAROM External Rotation*

- Gentle progression @ 45, 90 ABD as tolerated

Posterior Capsule/Genie Stretch

*AROM Flexion:* to tolerance, promote proper mechanics & rotator cuff control

- Side-lying > supine > inclined (lawn-chair) progression

### Weeks 8-12

*PROM GOALS:* Flexion > 150 degrees      ER @ 90 ABD: > 75 degrees      IR at 90 ABD: > 40 degrees

Progress exercises listed above

*AROM Flexion, Scaption, IR/ER:* as tolerated, progress to standing

Begin light IR isometrics

T-band Exercises

- Row, Extension, ADD, IR/ER in neutral

Consider & address thoracic extension

### Goals:

- Wean from sling completely
- Improve PROM
- Decrease pain/inflammation
- Increase light functional activities

## PHASE 3 – STRENGTH & RETURN TO ACTIVITY PHASE (Weeks 12-24)

### Precautions:

- Progress strength gradually with focus on proper mechanics
- Isotonic strengthening exercises not to exceed > 5lb with arm away from body

### WEEKS 12-16

Achieve and maintain ROM WNL in all planes

Progress T-band exercises for all planes, promoting proper movement and control

Initiate sport-specific & advanced functional movements

### WEEKS 16-24

Progress strengthening as tolerated

Isotonic strengthening exercises not to exceed > 10lb with arm away from body

Initiate interval return to sport program if appropriate (fishing, swimming, hunting, tennis, golf)

### Goals:

- Improve strength & neuromuscular control of shoulder complex
- Return to functional activities & phase into sports if appropriate