

Total Shoulder Arthroplasty Protocol

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Next Physician Appointment: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 1-6:

- Sling for comfort. D/C sling completely between 1-2 weeks. Use arm for daily activities. Avoid lifting > 1lb.
- PROM → AAROM → AROM as tolerated, except . . .
- No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grown back into the humerus and regenerate a blood and nerve supply.
- No forced passive ER. Active and active-assisted ER only.
- Goals: 130° FE/40° ER at side
- Teach home exercise program (passive forward elevation and active ER)
- No resisted motions of shoulder until 6 weeks post-op
- No resisted internal rotation/backward extension until 12 weeks post-op
- Grip strengthening OK
- Heat before PT, ice after PT

_____ Weeks 6-12:

- Begin AAROM → AROM for internal rotation and backwards extension as tolerated
- Goals: Increase ROM to full with gentle passive stretching at end ranges
- Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only
- No resisted internal rotation/backwards extension until 12 weeks post-op
- No scapular retractions with bands yet

_____ Months 3-12 (if needed):

- Begin resisted IR/BE (isometrics/bands): isometrics → light bands → weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Goals: Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.