



For Sports Medicine & Orthopaedics

Because Life Happens In Motion

TOTAL SHOULDER ARTHOPLASTY

NAME: _____

DOS: _____

Notes:

Continue sling/immobilizer until MD allows discontinuation – typically 3-6 weeks depending on concurrent RC repair or fracture prior to surgery.

No resistive internal rotation for minimum of 6 weeks to protect subscapularis repair

Avoid body weight supported by involved UE

PHASE 1: IMMEDIATE MOTION WEEK 0-4

GOALS:

- Allow early healing of capsule
- Protect Subscapularis for first 6 weeks
- Increase passive ROM
- Decrease shoulder pain/inflammation

WEEK 1-2: _____

Sling per MD orders

No AROM G-H jt

PROM

- Flexion (0-90) being sensitive to end feel
- Abduction to 60 being sensitive to end feel
- ER in scapular plane to 0 being sensitive to end feel
- IR in scapular plane to 30 being sensitive to end feel

EXERCISES

- Codman's/pendulum exercises
- Table walks: flexion and abduction
- Elbow/wrist/hand ROM
- Gripping exercises
- Scapular AROM: shrugs and pinches
- Pulley: flex to 90
- Light activity below shoulder level

WEEK 3-4: _____

Sling per MD order

PROM

- Progress to 120 being sensitive to end feel
- Abduction to 90 being sensitive to end feel
- ER in scapular plane to 30 being sensitive to end feel
- IR in scapular plane to 45 being sensitive to end feel

EXERCISES

- Sub-max isometrics: ER/abd/flex/ext
- UBE

PHASE 2: ACTIVE MOTION WEEK 5-10

GOALS:

- Improve dynamic stabilization and strength
- Increase functional activities

PROM

- Flexion and Abduction to tolerance being sensitive to end feel.
- IR in scapular plane to tolerance being sensitive to end feel
- ER in scapular plane to 60 being sensitive to end feel

EXERCISES

- Continue previous exercises
- Begin light isotonic for biceps and triceps
- Begin AAROM with T-Bar foexion and abduction to tolerance.

- T-Bar to 60 in clinic only
- Wall climbs
- Initiate sub-max rhythmic stabilization exercise
 - Flex/Ext
 - ER/IR in scapular plane
- Begin AROM at 7-8 weeks
 - Forward flexion in scapular plane in supine with progression to sitting/standing
 - ER and IR in scapular plane in supine with progression to sitting/standing
 - Sidelying ER
 - Prone rowing/extension/flexion

WEEKS 9-12: _____

PROM

- ER to tolerance being sensitive to end feel

EXERCISES

- Continue all exercises listed above
- Initiate light isotonic strengthening for GH and ST musculature not to exceed 3 lbs
- Continue to emphasize AROM, strength, and functional movement patterns (ex PNF)
- Pool exercise and swimming

PHASE 3: ACTIVITY WEEKS 13+: _____

GOALS:

- Enhance functional use of operative extremity and advance activities
- Enhance shoulder mechanics, muscular strength, power, and endurance

WEEK 13+

- Continue to advance current exercises as tolerated.