



Total Shoulder Arthroplasty Protocol

Jason Dieterle, DO

PREOPERATIVE VISIT:

- The patient should purchase over-the-door pulley and 3-pack of Thera-band (yellow, red and green)
- The patient should be instructed in the following exercises to be done post-op: TID until their first PT visit
- Supine cane PROM flexion
- Sitting or standing PROM cane ER to neutral
- Elbow and wrist AROM
- Grip strength: squeezing tennis ball or putty

STAGE 1: POD (WEEKS 10-14):

- Immediate concerns and precautions to review with patient: restrict active IR for 6- 8 weeks secondary to subscapularis repair
- Avoid excessive shoulder extension 4-6 weeks
- External rotation: to neutral at 2 weeks, increase 10° per week with arm at side. Goal is >40 °ER neutral at 6 weeks

NOTE: may be more aggressive if routine subscap closure; less aggressive if subscap was medialized (check op-note)

EXERCISES:

- Ensure independence with HEP
- Therapeutic exercise: PRE's: Biceps, triceps, all wrist and forearm movements with weight as tolerated
- PROM: forward flexion as tolerated, abduction to 90, ER to neutral at 2 weeks, increase 5 degrees per week IR
- Active forward flexion without weights to patient's tolerance

- Isometric flexion, abd, extension and ER. NO IR due to subscap protection
- UBE with high seat to patient's tolerance

CLOSED CHAIN:

- Weight shifting on UE's in table, all directions
- Table wash, ball rolling
- Wall push-ups

STAGE 3 (WEEKS 4-6):

Immediate concerns:

- Continue to restrict active IR until 6 weeks post-op unless otherwise instructed by physician
- Shoulder flexion should be 120 by 4 weeks
- ER should be >20 by 4 weeks

THERAPEUTIC EXERCISES:

- PRE's progress as tolerated: biceps, triceps, UBE, forearm, wrist and hand
- AROM: forward flexion and abduction
- Rockwood Thera-band exercises IR
- Manual therapy: supine manual resistance
- Multi-directional isometric rhythmic stabilization
- PROM: Continue shoulder flexion, abduction, IR, ER as previous
- Begin gentle extension stretch

CLOSED CHAIN:

- Continue WB exercises
- Weight-shifting in 4 pt. and 3 pt.
- Wall push-ups with +
- Rocker board
- UE
- Step-ups

STAGE 4 (WEEK 6):

- Immediate concerns:
- ROM ER should be > 40 in neutral
- Flexion 120° or greater
- Abduction $90-100^\circ$
- Begin to address subscapularis strength

THERAPEUTIC EXERCISES:

- All as previous, advance patient as tolerated with weights and functional stabilization exercises
- Begin subscapularis strengthening
- Yellow Thera-band, manual resistance to tolerance
- Stretching all directions as needed
- ER– increase to full ER ROM per patient's tolerance
- Extension should be approaching normal ROM
- Continue to progress closed chain, rhythmic stabilization ex and address return to function