

**Total Shoulder Arthroplasty
Physical Therapy Protocol
Dr. Allan Hunt**

Phase I 0-6 Weeks

Week 1 Ice 3-5 times per day for 15 minutes each

May shower but not soak surgical arm

May eat, type, write and brush teeth with sling in place

Sling with abductor pad for 4-6 weeks

Codman's exercises 3-5 times per day for 10-15 minutes each

AROM hand, wrist, elbow and scapular squeezes

PROM into flexion- table slides, pulleys progressing to AAROM supine can exercises in flexion

No external rotation for 6 weeks, no abduction >45 degrees

Phase II 6-12 Weeks

Discontinue sling

Recheck with surgeon at 8 weeks

Start PROM/AROM all planes, gradually progressing external rotation and abduction

Joint mobilization all planes PRN

Add isometrics all planes progressing (beginning 6-8 weeks) to isotonic exercises per patient tolerance by 12 weeks post-op

Phase III 12 weeks to discharge

Progress to more active strengthening, power and endurance to patient's tolerance (No Theraband)

Capsular stretching to gain maximal ROM

Avoid impact activities such as contact sports, hammering, or free-weight training