



Total Shoulder Arthroplasty/ Reverse Total Shoulder Arthroplasty

Andrew Arthur, MD
Care Coordinator: 763-302-2231
Fax: 952-456-7863

PHASE I (WEEK 0 – 2) IMMEDIATE POST SURGICAL PHASE

Goals

- Decrease pain and inflammation
- Allow a period of rest and recovery

Precautions

- No external rotation past neutral to protect subscapularis repair
- No lifting or active motion with surgical arm.
- No sudden movements
- Wear sling most of time. May remove for pendulums exercises and shoulder/wrist range of motion.

Sleeping

- Sleep in sling/brace

PHASE II (WEEK 2 – 6) PROTECTION PHASE

Goals

- Allow healing of soft tissue
- Do not overstress healing tissue
- Gradually restore full PROM (Goal by week 5-6)
- Re-establish dynamic shoulder stability
- Decrease pain and inflammation

Week 2-4

- Continue use of ice as needed
- Gradually progress to full PROM
- May use heat prior to ROM
- Continue use of sling until end of week 6 (Dr. Arthur discretion)
- Initiate AAROM and stretching exercises (supine with therapist supporting arm)

Week 5-6

- May use heat prior to exercises
- Continue AAROM and stretching exercises
- Initiate AROM exercises

PHASE III (WEEK 6 – 10) INTERMEDIATE PHASE

Goals

- Full AROM (week 6-8)
- Maintain full PROM
- Dynamic shoulder stability
- Gradual restoration of shoulder strength and power
- Gradual return to functional activities

Therapeutic Exercises

- Continue stretching and PROM as needed to maintain ROM
- Continue dynamic stabilization
- Continue above exercises
- May progress to light functional activities

PHASE IV (WEEK 10 – 14) ADVANCE STRENGTHENING PHASE

Goals

- Maintain full ROM
- Enhance functional use of limb
- Improve shoulder strength and power
- Gradual return to functional activities

PHASE V (WEEK 14 – 20) RETURN TO ACTIVITY PHASE

Goals

- Gradual return to strenuous work activities
- Gradual return to recreational sports activities