



Total Shoulder Arthroplasty Physical Therapy Protocol

Thomas Conner, MD
ThomasConnerMD.com

Shawn H, Care Coordinator
Office: 763-520-7870
Fax: 763-302-2401

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 plans 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.