



## TJ Ridley, MD

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### Total Shoulder Arthroplasty Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (week 0-2)</b> Goals: <ul style="list-style-type: none"> <li>Pain and edema control</li> <li>PROM full FF and ABD, no ER &gt; 30 x 2 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Sling use full time x 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>PROM               <ul style="list-style-type: none"> <li>ER: 0-30 x 2 wks</li> <li>IR to belt</li> <li>FF: full</li> <li>ABD: full</li> </ul> </li> <li>Modalities:               <ul style="list-style-type: none"> <li>IFC &amp; ice x 20 mins</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Pendulums</li> <li>Cervical, elbow, wrist and hand ROM</li> </ul> Strength: <ul style="list-style-type: none"> <li>Wrist and grip only</li> </ul>
<b>Phase 2 (week 3-4)</b> Goals: <ul style="list-style-type: none"> <li>Passive ROM to limits outlined</li> </ul>	<ul style="list-style-type: none"> <li>Sling use full time x 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>PROM               <ul style="list-style-type: none"> <li>ER: 0-60 x 2 wks</li> <li>IR to belt</li> <li>FF: full</li> <li>ABD: full</li> </ul> </li> <li>AAROM: within limits above</li> </ul>	<ul style="list-style-type: none"> <li>Scapular retraction-depression</li> <li>Pendulums</li> <li>Begin isometrics wk 4 for ER</li> <li>No resisted elbow flexion x 6 wks</li> <li>Avoid reaching behind back x 6 wks</li> </ul>
<b>Phase 3 (week 5-6)</b> Goals: <ul style="list-style-type: none"> <li>Full PROM by 6 week mark</li> </ul>	<ul style="list-style-type: none"> <li>D/C sling</li> </ul>	<ul style="list-style-type: none"> <li>Progress to full PROM</li> <li>Begin AROM</li> </ul>	<ul style="list-style-type: none"> <li>Scapular retraction-depression</li> <li>Pendulums</li> <li>Isometrics</li> <li>Open chain proprioception</li> <li>Begin low load prolonged stretches</li> <li>No resisted elbow flexion x 6 wks</li> </ul>

<p><b>Phase 4 (week 7-12)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Full range of motion</li> <li>• 4/5 strength (rotator cuff and scapula stabilization)</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Full A/PROM</li> </ul>	<p>Strength:</p> <ul style="list-style-type: none"> <li>• Begin rotator cuff endurance</li> <li>• Begin light therabands</li> <li>• Posture control</li> </ul> <p>Aerobic:</p> <ul style="list-style-type: none"> <li>• May start elliptical, treadmill at incline and progress to walk run x 30 mins</li> <li>• Start UBE w/o resistance</li> </ul>
<p><b>Phase 5 (week 13-18)</b> Goals:</p> <ul style="list-style-type: none"> <li>• Full range of motion</li> <li>• Full strength</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Continue full A/PROM</li> </ul>	<p>Aerobic:</p> <ul style="list-style-type: none"> <li>• Continue progression to running on treadmill</li> <li>• Rowing machine, Versiclimber</li> </ul> <p>Strength:</p> <ul style="list-style-type: none"> <li>• Begin push-up progression</li> <li>• Body blade at multiple angles</li> <li>• Unrestricted therabands in all planes</li> <li>• Continue rotator cuff strengthening</li> <li>• Can return to full sport @ 6 month mark</li> </ul>

**CRITERIA FOR RETURN TO FULL ACTIVITY:**

- Functional pain-free active range of motion, maximized strength, proper scapulothoracic mechanics

**PRECAUTIONS:**

- No repetitive lifting heavier than 50 lbs, no contact sports, only light-weight lifting