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Total Shoulder Arthroplasty Rehabilitation Protocol

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

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

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