



## Total Shoulder Arthroplasty Post-Surgical Rehabilitation Protocol

### Stage I: Immediate Post-Operative Period (Post op weeks 0-4)

- Goals:
  1. Wound healing
  2. Allow early inflammation to subside
  3. Tuberosity/rotator cuff healing
  4. Early, controlled range of motion
  5. Return to most daily activities
  
- Restrictions:
  - Sling for first 4 weeks at minimum
    - May remove sling to allow arm to dangle at side
    - May remove sling while sitting in chair or for desk work
    - Sling should always be worn outside of the home
  - Full active ROM hand, wrist and elbow
    - Shoulder shrugs and scapular isometrics
    - Pendulums (about the size of a dinner plate)
  - Icing at least twice a day
  - **Range of motion restrictions for first 4 weeks:**
    - No active, active assisted or passive ROM past:
    - **0 degrees with the elbow in adduction**
    - 60 degrees abduction
    - 120 degrees in forward flexion
    - Active ROM allow with arm in adduction to 0 degrees within first 2 weeks as tolerated
  - PROM and AAROM goals after week 2:
    - 0 degrees external rotation in adduction
    - 60 degrees abduction
    - 120 forward flexion (supine)
  - Begin biceps and triceps isometrics after week 2
  - Lower extremity exercise on a stationary bike allowed after week 2 (low resistance)

### Stage II: Repair, range of motion, and daily living (Post-op weeks 4-14)

- Goals:
  1. Negative belly press test and radiographic evidence of healing of lesser tuberosity osteotomy after week 4
  2. Full PROM by week 10
  3. Full AROM by week 14
  4. Begin isometrics at week 10



- Post-operative weeks 4-14 restrictions:
  - Continue scapular isometrics
  - Unrestricted use of the arm for ADL's
  - No restrictions on PROM
  - Increase PROM as tolerated
    - Internal rotation: no towel stretches please.
    - Sleeper stretches are preferred.
  - Pulleys for AAROM
  - Begin unrestricted AROM after post-op week 6
  - Begin rotator cuff isometrics after post-op week 6
    - Full cuff program after post-op week 10
  - Lower extremity: advance exercise to elliptical, treadmill walking or bike with resistance as tolerated.

### **Stage III: Advancing function (after post-operative month 3)**

- Goals:
  1. Full PROM, AROM, normal strength side to side
  2. No pain and full function with ADL's
  3. Light recreational activities
  4. Advance as tolerated after post-operative month 6
  
- After post-operative month 3:
  - Continue unrestricted PROM, AAROM, AROM
  - Full rotator cuff program with scapular isometrics
  - Push-ups against table
  - Lower extremity strengthening as tolerated (bike, elliptical, treadmill)
  - Golf and tennis (groundstrokes only; no serving) after post-operative month 4 as long as strength is normal side to side
  - Breast stroke and pool therapy allowed after post-operative month 3
  - No overhead throwing, tennis serving, or freestyle swimming until after post-operative month 6

May return to recreational activities as tolerated after post-operative month 6. Have fun!