

Total Shoulder Arthroplasty Protocol

Phase 1 (Days 1-7)

- Immobilizer – to be worn full time except when bathing or doing prescribed exercises. Gradually wean off sling as tolerated at day 7 or per physician orders.
- AROM exercises – Elbow, wrist, and fingers
- Scapular stabilization – elevation, depression, protraction, and retraction exercises
- Grade I-II joint mobilizations (starting at day 7), soft tissue mobilization, scapular mobilization
- **Restrictions:** PROM to AAROM: avoid ER, forward flexion limited to 140 degrees, IR PROM limited to neutral

Phase 2 (Weeks 1-4)

- PROM
 - Limit ER to neutral
 - Forward flexion – as tolerated to 140 degrees, goal of 90 degrees by end of 2 weeks
 - IR – limit to the body in 0 degrees abduction
 - Abduction – as tolerated
- Begin AAROM with UBE, cane, and pulleys and progress to AROM in pain free arcs
 - NO IR on pulley until 6 weeks
- Pendulums
- AROM exercises – Elbow, wrist, and fingers
- Grasping light objects
- Isometrics – *After 2 weeks* – flexion, extension, abduction, adduction, IR, ER with wedge
- Pulleys
- Patient can use arm to eat, read, ect. staying in the plane of the scapula. No lifting anything heavier than a cup

Phase 3 (Weeks 4-8)

- Out of sling/immobilizer
- NO AROM IR until 6 weeks
- AROM without weights avoiding scapular compensation
 - Goal is full ROM by 8 weeks
- Start light weight (less than 5 lbs.) for biceps
- Scapular strengthening

Phase 4 (Weeks 8-Discharge)

- Progress AROM with increased weight as tolerated, working up to 3 sets of 10 if able
- Continue joint mobilizations as needed
- Gradually add and progress weights with rotator cuff and deltoid strengthening, resisted PNF, ER, and IR
- Begin functional progression for activity specific tasks per physicians release

Goal for AROM upon discharge: Flexion 140 degrees, Abduction 90 degrees