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### Physical Therapy Protocol

### Total Shoulder Arthroplasty

#### General Guidelines

PT will begin 2 weeks post-operatively

No weightbearing on operative arm

No glenohumeral external rotation past neutral for 8 weeks to protect subscapularis repair

Maintain surgical ROM early, don't push it

No lifting anything heavier than a full coffee cup with the operative extremity

These precautions should be followed for the first 12 weeks post-operatively

ROM goals: 90 degrees at 2 weeks, 120 degrees at 3 weeks, 140 degrees at 4 weeks and then full range of motion.

#### Phase 1 (Weeks 0-2)

Goals:

Reinforce precautions

Control pain and inflammation

Instruct in home exercises for elbow, wrist, and hand – start immediately, maintain full elbow ROM

Begin postural exercises and shoulder activation

Begin Pendulums/Codman exercises at 2 weeks postop

Instruct in ADL's, e.g. putting on/taking off sling and clothing

Instruct in bed mobility & transfers without weightbearing on operative arm

Precautions:

As per the General Guidelines

Wear the sling at all times except for exercises, dressing, and showering

Patients may shower after 3 days – do not remove steri-strips, No soaking wound until 6 weeks and when incision completely healed with no drainage

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### Phase 2 (Weeks 4-6)

#### Goals:

Begin Pendulums/Codman exercises at 2 weeks postop

Control pain and inflammation

Start PROM with forward flexion and abduction – patient should be at 90 degrees of forward flexion and increase 10-20 degree each week (table slides, pendulums, passive elevation)

Work on postural exercises immediately

Begin light AAROM when tolerating (using stick/cane, pulleys, walk hand up wall)

Begin light scapular strengthening

Begin sub-maximal pain-free deltoid isometrics in scapular plane

Begin to wean from the sling to wear at night and while out of the house at 4 weeks.

### Phase 3 (Weeks 6-12)

#### Goals:

Discontinue sling

Begin AROM against gravity in straight planes, i.e. no combined motions

Progress to light closed-chain exercises

Begin gentle glenohumeral IR and ER sub-maximal pain-free isometrics

### Phase 4 (Beyond 12 weeks)

#### Goals:

Can begin AROM with combined motions against gravity

Begin light strengthening but no lifting greater than 6 pounds

Advance to functional activities to enhance function of operative extremity

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