

## Rehabilitation Guidelines following Total Shoulder Arthroplasty

Phase	Intervention	Goals and Criteria for Progression
<p><b>Weeks 0-3</b></p> <p>Exercises 4-6x/day</p> <p>PT starts about 1 week after surgery</p>	<p><b>Precautions:</b></p> <ul style="list-style-type: none"> <li>• Sling continuously for 4 weeks except during therapy activities or desk work</li> <li>• Wean off sling at 4 weeks</li> <li>• Limit passive/AAROM in ER to 45°</li> <li>• Avoid combined ABD and ER</li> </ul> <p><b>Physical Therapy POD #1:</b></p> <ul style="list-style-type: none"> <li>• Elbow, wrist, hand, neck ROM</li> <li>• Ball squeezes</li> <li>• PROM for flexion, abduction</li> <li>• Pendulums</li> <li>• Forward Bow</li> <li>• Supine passive ER in plane of scapula</li> </ul> <p><b>POD #2-5:</b></p> <ul style="list-style-type: none"> <li>• Continue exercises above</li> <li>• Begin light ADL activities</li> </ul> <p><b>POD #7-10</b></p> <ul style="list-style-type: none"> <li>• Continue exercises above</li> <li>• Add passive IR, cross body adduction</li> </ul> <p><b>Cardiovascular:</b> Bike or walking with sling on</p> <p>Ice, stim for pain</p>	<p>Stress importance of precautions and HEP</p> <p>Allow healing of subscapularis = no active IR/ER or ER stretching</p> <p>Control pain and inflammation</p> <p>Initiate ROM exercises, instruct family members</p> <p>Maintain elbow, wrist, hand ROM</p> <p>Reduce pain and swelling</p>
<p><b>Weeks 3-6 Post-Op</b></p> <p>PT 1-2x/week</p>	<p><b>Precautions:</b></p> <ul style="list-style-type: none"> <li>• Avoid combined ABD and ER</li> </ul> <p><b>Physical Therapy:</b></p> <ul style="list-style-type: none"> <li>• AAROM, PROM, AROM in all planes to tolerance</li> <li>• Initiate light isometrics for the rotator cuff in flexion, ER, extension at week 3</li> <li>• Scapular strengthening at 4-6 weeks               <ul style="list-style-type: none"> <li>• Rows/retractions</li> <li>• Prone extension</li> <li>• Prone horizontal abduction</li> </ul> </li> </ul> <p><b>Cardiovascular:</b> Walking or Bike</p> <p>Ice, stim for pain</p>	<p>Monitor/decrease pain and inflammation</p> <p>Increase ADL activity</p> <p>Gradual restoration of PROM and AROM</p> <p>Initiate strengthening</p>

<p><b>Weeks 6-12 Post-Op</b></p> <p><b>PT once every 1-2 weeks</b></p>	<p><b>Physical Therapy:</b></p> <ul style="list-style-type: none"> <li>• Continue w/ previous phase exercises</li> <li>• Add rotator cuff strengthening IR/ER at 6 weeks</li> <li>• Deltoid strengthening</li> <li>• Continue scapular strengthening</li> <li>• Gentle closed chain shoulder and scapular stabilization activities (wax on, wax off; wall dribbles, etc.)</li> <li>• Side lying shoulder flexion</li> <li>• Progress to anti-gravity flexion in scapular plane</li> <li>• Scapular strengthening</li> <li>• Open chain rhythmic stabilization drills, PNF patterns</li> </ul>	<p><b>PROM full and pain free</b></p> <p><b>Increase AROM as tolerated</b></p> <p><b>Increase functional activities</b></p> <p><b>Increase strength of rotator cuff and scapula</b></p> <p><b>MMT of IR/ER 5/5 w/ arm in neutral</b></p>
<p><b>Weeks 12-16 Post-Op</b></p> <p><b>PT once every 2-3 weeks</b></p>	<p><b>Continue stretches and strengthening from previous phase</b></p> <p><b>Continue scapular strengthening</b></p> <p><b>Work on strengthening in 90° abduction and overhead when appropriate</b></p> <p><b>Work or sport-specific training</b></p> <p><b>Can begin jogging if shoulder strength normal and AROM normal</b></p>	<p><b>MMT 5/5 at 90° shoulder abduction and scapular plane flexion</b></p> <p><b>Return to functional activities/work/sport</b></p>