



Total Shoulder Arthroplasty Rehabilitation Protocol

Phase I (1 – 5 days)

- Wound: Pain Pump removed
- Edema: Edema control interventions
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions
- ROM:
 - Shoulder Pendulums
 - AROM: Forearm, wrist and hand
- Strengthening
 - Parascapular Strengthening and Scapular Stabilization
 - Grip Strengthening
- Modalities: prn for pain and inflammation

Phase II (5 days – 4 weeks)

- Wound: Monitor site / Scar management techniques
- Edema and modalities: Edema control continued
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions
- ROM
 - PROM - AAROM - AROM gradually to progress to max of:
 - Abd 75 deg. Flex 120 deg. ER 40 deg. (Only A/AA) **IR: no active Ext: no active**
 - AROM: Forearm, wrist and hand
- Strengthening
 - Continue parascapular strengthening and grip strengthening..
 - Avoid resisted elbow flexion and supination (bicep) until 8 weeks.

Phase III (4 weeks – 10 weeks)

- Sling: Ultrasling worn continuously, except in therapy or during exercise sessions, until s/p 4 weeks. Sling must continue to be worn outdoors or in public settings for an additional 2 weeks. D/C sling at 6 wks
- ROM:
 - PROM: Therapist to begin passive stretching in Flex and Scaption only at 4 weeks. Includes pulley and table stretches. No passive ER.
 - AROM: Begin progressing ER gradually to 60 degrees by 6 wks. **Begin active IR and Ext. at 6 weeks.** Active Flex and Scaption of 140 – 150 deg. achieved by 10 weeks.



- Strengthening: Isometrics for Flex, Scaption, and ER at 6 weeks. Begin gentle progressive resisted strengthening for Flex, Scaption, and ER at 8 weeks.
- Modalities: prn for pain and inflammation

Phase IV (s/p 10 weeks +)

- Strengthening
 - Progress RTC/Parascapular strengthening to return to ADL's or work activity
 - **Begin Resisted IR and Ext.**
- ROM: unrestricted
- Mobs: Glenohumeral joint mobilizations

1) Wilk KE, Reinold MM, Andrews, JR. Total Shoulder Replacement Post-Operative Rehabilitation Program. Winchester MA: Advanced Continuing Education Institute, 2004.