

REHABILITATION GUIDELINES: Shoulder: Total Shoulder Arthroplasty

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Precautions: After Day 2, use sling for 3-6 weeks except showering and therapeutic exercises.
No forceful internal rotation for 6 weeks for fear of disrupting subscapularis repair

I. PHASE ONE - IMMEDIATE MOTION PHASE (Week 0-4)

Goals:

1. Allow early healing of capsule
2. Increase passive range of motion
3. Decrease shoulder pain
4. Retard muscular atrophy and prevent RTC inhibition

WEEKS 1- 2

SLING immobilizer - (May discontinue sling as tolerated after 3 weeks)

Exercises:

- Passive Range of Motion
 - Flexion (0-75 degrees)
 - ER (in scapular plane at 30 to 0 degrees)
 - IR (in scapular plane at 30 degrees to 25-30 degrees)
- Pendulum Exercises
- Elbow/Wrist ROM
- Gripping Exercise for Hand
- Ice & Modalities
- Isometrics (Day 10)
 - Abductors; ER/IR; Elbow flexors
- Electrical Muscle Stimulation (if needed)
- Rope and Pulley (POD 5-7) – Flexion

CAUTION: Do not stressfully actively IR arm against resistance for possibility of pulling subscapularis repair for 4-6 weeks

WEEKS 3-4

SLING immobilizer as needed for Comfort

Exercises:

- Continue all ROM exercises
 - Initiate AAROM exercises
 - Initiate AAROM exercises
 - Progress flexion to 90-100 degrees
 - ER scapular plane at 45 to 25 degrees
 - IR scapular plane at 45 degrees to side
- Initiate AAROM ER/IR supine with L-bar
- Initiate rhythmic stabilization exercises
 - Flex/Ext
 - ER/IR in scapular plane
- Isometrics
 - ER/IR; Flex; Ext; ABd
- Rope and Pulley

II. PHASE TWO - ACTIVE MOTION PHASE (Week 4-10)

Goals:

1. Improve dynamic stabilization and strength
2. Improve Range of Motion

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3. Decrease pain/inflammation
4. Increase Functional Activities

WEEKS 5-8

Exercises:

- Active Assisted ROM Exercises with L-Bar (Begin week 2)
 - Flexion to tolerance
 - ER in scapular plane at 90 degrees abduction
 - IR in scapular plane at 90 degrees abduction
- All motions to tolerance
- Rope and Pulley
 - Flexion
- Pendulum Exercises
- AROM Exercises
 - Supine Flexion if unable sidelying flexion
- Strengthening Exercises
 - Tubing ER/IR
 - Rhythmic stabilization Flex/Ext and ER/IR
 - Sidelying ER
 - Sidelying flexion
 - Scapular strengthening exercises
 - Prone rowing
 - Prone extensions
 - Biceps/triceps
 - Isometrics for deltoid

WEEKS 9-12

- Continue all exercises listed above
- Prone goal:
 - Flexion 160 degrees
 - ER at 90 degrees Abd: 75-80 degrees
 - IR at 90 degrees Abd: 60-65 degrees
- Continue to emphasize AROM and strength
- Progress strengthening exercises
- Pool exercises and swimming

III. PHASE THREE - ACTIVITY PHASE (WEEKS 13-26)

Initiation of this phase begins when patient exhibits:

- 1) PROM: Flexion: 160 degrees; ER: 45 degrees; IR: 60 degrees
- 2) Strength level 4/5 for ER/IR/ABD

Goals: Improve strength of shoulder musculature
Neuromuscular control of shoulder complex
Improve functional activities

Exercises:

- AAROM and stretching exercises
 - Flexion with L-bar
 - ER/IR at 90 degrees abduction
- Strengthening exercises

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ER/IR tubing; Full Can; Lateral raises; Prone rowing; Sidelying ER;
Prone extension; Biceps
Initiate interval sport program if appropriate (weeks 20-26)