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TOTAL SHOULDER ARTHROPLASTY PHYSICAL THERAPY PROTOCOL

Immediate Post-operative Period

- Wear sling in public and to sleep
- PROM

<u>Weeks 1-4</u>	<u>Weeks 4-6</u>
FE: 0-130	130-full
ER: 0-20	30-full
- **NO** extension x 6 weeks, ER to neutral for 2 weeks, then to 20 maximum at 4 weeks
- AAROM (wand, self-stretch)
- Ice 3-4x daily

7 Days-2 Weeks (Goal: Protect subscapularis healing)

- Wear sling in public x 4 weeks, remove for elbow ROM
- Avoid ER past neutral
- Isometrics for all shoulder motions within pain-free ROM – **NO ACTIVE Internal Rotation**
- Ice following exercises

2 – 6 weeks (Goal: full PROM at end of 6th week)

- No resistive exercises
- No weights
- Active range of motion – supine (no weights)
- No ER past 20 degrees at side

6-12 weeks (Goal: increase function and strength)

- Resistive exercises, advance active IR, avoid resistive IR until 12 weeks
- Maintain rotator cuff strength, scapular strength and stability
- Therabands – home strengthening
- Weights – less than 5 lbs
- Full ROM, obtain full ER gradually