

Dr. Franky Davis
Sterling Center Orthopedics and Sports Medicine
Physical Therapy
Total Shoulder Arthroplasty
Post Operative Protocol

Phase I – Maximum Protection (Week 0 to 6):

Week 0 to 6:

- › Sling x 6 weeks
- › Ice and modalities to reduce pain and inflammation
- Exercises**
 - Begin active wrist and elbow range of motion
 - Begin active shoulder retraction
 - Begin passive range of motion (Gradual Progression) x 6 weeks
 - Flexion: 0-90 (0-2 weeks)
 - 0-120 (2-4 weeks)
 - Gradual progression to full flexion after week 4
 - External rotation: 0 degrees at 0 degrees abduction (0-2 weeks)
 - 15 degrees at 0 degrees abduction (2-4 weeks)
 - 30 degrees at 0 degrees abduction (4-6 weeks)
 - gradual return to full external rotation after week 6.
- Shoulder pulleys – flexion per motion restriction; abduction after week 4 to 90 degrees

Phase II – Progressive Stretching and Active Motion (Weeks 6 to 8):

Weeks 6 to 8:

- › Maintain program as outlined in phase I
- › Continue with gradual return of motion all planes
- › Begin active range of motion
- Exercises**
 - Wand flexion and abduction
 - Scapular strengthening
 - Biceps and triceps strengthening
 - Proprioception drills emphasizing neuromuscular control

Phase III – Strengthening Phase (Weeks 8 to 12)

Weeks 8 to 10:

- › Modalities as needed
- Exercises**
 - Resisted rotator cuff and scapular stabilization program; isometrics progressing to TB and -weights as tolerated
 - Proprioception and neuromuscular control drills
 - Manual resistance and PNF patterns

Phase IV – Advanced Strengthening and Plyometric Drills (Week 12 to 16):

Weeks 12 to 16:

- › Continue with end range stretching
- › Continue with rotator cuff strengthening as outlined in weeks 8 to 12
- › Begin gym strengthening 3 to 4 times per week
 - Seated rows, front lat. pulls, biceps and triceps

Weeks 16 to 24:

- › Continue with gym strengthening program adding
 - Light dumbbell chest press, dumbbell chest flys - avoid crossing midline of the body.
- › Initiate closed kinetic chain strengthening in protected range
 - Push-ups progression
- › Initiate plyometric ball drills
 - Plyometric ball wall drills

Two arm rebounder drills progressing to one arm
Weeks 20 to 24:
Return to full activity as approved by physician