

Total Shoulder Arthroplasty Rehabilitation

| <u>Postop</u> | <u>Goals</u> | <u>Precautions</u> | <u>Exercises</u> |
|---|--|---|---|
| Weeks 0-6 PT 1- 2x/week HEP daily | Edema and pain control Protect subscap repair Week 1: FF 100°, ER 0° Week 2: FF 120°, ER 10° Week 6: FF 150°, ER 20° | Sling when not doing exercises Limit ER to neutral x2 weeks No ER >20° (weeks 2-6) No active IR No backward extension (BE) No scapular retractions Limit abduction 75° No resisted elbow flexion | Elbow, wrist, hand ROM Codman/Pendulum Passive supine forward flexion Scapular mobility and stability (side-lying) Deltoid isometrics Posture training |
| Weeks 6-12 PT 2- 3x/week HEP daily | Protect subscap repair FF 160°, ER 45° | DC sling No resisted IR/BE No resisted scapular retractions Avoid painful ADL's | Advance P/AA/AROM Cane/pulley Rhythmic stabilization at 120° Begin AA→AROM IR/BE Submaximal isometrics ER/FF/ABD Closed chain kinetic exercises Scapular stabilization |
| Weeks 12-16 PT 1- 2x/week HEP daily | FF 160°, ER 60°, IR T12 Scapulohumeral rhythm UE strength 4/5 | No sling Avoid painful ADL's Avoid activities that encourage scapula hiking or poor mechanics Limit strengthening to 3x/week to avoid rotator cuff tendinitis | Progress ROM/flexibility exercises Advance strengthening as tolerated Rhythmic humeral head stabilization Begin resisted IR/BE (isometrics→light bands→weights) Increase end ROM with passive stretch Begin eccentrics, plyometrics, and closed chain exercises when appropriate |
| Weeks 16+ HEP daily | Maximal ROM Independent HEP | None | Progress strengthening, flexibility, and endurance |