



PT Protocol
Total Shoulder Arthroplasty
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Phase 1: 0-6 Weeks

Goals

Protect the subscapularis, ADL strategies and sling management, gentle ROM emphasized, Outpatient PT to begin 2-4 weeks post op for most

Sling

0-3 Weeks: Essentially full time with abduction “pillow”

3-6 Weeks: May discontinue “pillow” and use sling as needed

Range of Motion

Avoid stretching of any kind for 6 weeks

Pendulum/Codman exercises begin day 1

0-2 Weeks: PROM: Scaption 75 degrees, ER 20 degrees, IR as tolerated

3-6 Weeks: PROM: Scaption 120 degrees, ER 30 degrees, IR as tolerated

Strength

0-2 Weeks: Begin squeeze ball, elbow, wrist and hand active movement day 1

2-4 Weeks: Scapular retractions, shrugs

Walking (in sling)

4-6 Weeks: Active IR, ER standing with arm at side

Wand exercises (beginning supine), Wall walks

Prone shoulder extension to neutral

Stationary bike (in sling)

Functional Measure

ASES Score greater than 30



Phase 2: 6-12 Weeks

Goals

Continue to respect subscapularis repair, initiate active movement, discontinue sling, education to outline realistic expectations, promote scapular mechanics

Range of Motion

Expect gradual progress through this phase
No aggressive stretching, but may do gentle stretching and shoulder mobilization

Strength

6-8 Weeks: Scapular retraining, retraction, protraction (supine), shrugs
Rotator cuff, band exercises with arm at side or side lying
Sub maximal isometrics
Wand exercises upright when mechanics are good supine
Blood Flow Restriction training (BFR)

8-12 Weeks: Scapular retraining progressing add I's, T's and Y's
Rotator cuff strengthening continues
Wall push ups to press plus position, biceps, triceps, wrist strength
Add core work, lower extremity strengthening

Conditioning

Increase bike but avoid weight bearing with surgical arm
Balance starting with single leg. Later may add perturbation

Functional Measure

ASES score greater than 50



Phase 3: 3-6 Months

Goals

Advance resistance shoulder exercises, achieve full range of motion focus on posture and good scapular mechanics

Range of Motion

Target 150 degrees of elevation/scaption, stretching, shoulder mobilization

Strength

12-16 Weeks: Kneeling push ups emphasizing form, continue I's, T's and Y's
Rotator cuff, advance resistance gradually
Add rows, scapular punches,
BFR

16-24 Weeks: Continue all previous
Add dumbbell chest press
"Blade" exercises

Conditioning

Focus on total body conditioning especially core, balance and aerobic fitness
Add perturbation when ready
Supine two handed medicine ball toss and catch, after 20 weeks may do medicine ball work upright

Functional Measure

ASES score greater than 70



Phase 4: After 6 Months - Return to Modified Activity

Goals

Return to full activity, emphasize importance of continuing program at home, education that improvement will be seen even at 12 months. Avoid heavy lifting and impact activities indefinitely

Strength

Standard upper body resistance training in gym. AVOID: overhead press, pull ups, dips
Continue to work on rotator cuff strength and scapular mechanics

Conditioning, Plyometrics and Agility

Continue to work balance with perturbation
Increase endurance, core strength

Functional Measure

ASES score greater than 80