

Total Shoulder Arthroplasty Protocol

- A. 0-2 weeks post-op
 - 1. Sling with abduction pillow worn when up and busy and also to sleep
 - 2. Cryotherapy – frequent
 - 3. ROM restrictions
 - a. ER: 45°
 - b. Other motions are to tolerance
 - 4. Exercise
 - a. P-AAROM for glenohumeral joint
 - b. Pendulums and shrugs
 - c. AROM for elbow and distal joints
 - d. Sub-maximal, pain free isometrics (No IR)
- B. 2-4 weeks post-op
 - 1. Continue use of sling
 - 2. ROM restrictions
 - a. ER: 60°
 - 3. Continue cryotherapy as indicated
 - 4. Exercise
 - a. Continue as above
 - b. Continue AA, transitioning to AROM as tolerated and indicated. No active IR.
- C. 4-6 weeks post-op
 - 1. Wean from sling
 - 2. ROM restrictions: To tolerance
 - 3. Exercise
 - a. Continue PROM work as needed
 - b. AA-AROM focused on quality movement
 - c. Light/progressive, comprehensive strength and stabilization work
 - d. No resisted IR and adduction work
- D. 6 weeks post-op
 - 1. Progressive global UE and scapulothoracic strength and stabilization program