

## **Total Shoulder Arthroplasty**

### **Physical Therapy Post-op Protocol**

**\*Blood Flow Restriction (BFR) encouraged at all stages**

#### **Weeks 0-2**

**Primary goal: Protect subscapularis healing and begin ROM**

- Wear sling in public and during sleep x 4 weeks, remove for elbow ROM
- AAROM using wand, towel or broom)
- PROM using wall
  - Forward flexion to 130, external rotation to neutral
- Isometrics for all shoulder motions within pain-free ROM except-
- **No ACTIVE Internal Rotation** (bear hugs or pressing belly)
- **No extension** (elbow behind hip)
- Scapular stabilizations (shoulder shrugs and shoulder blade pro/retraction)
- Ice 3-4x daily

#### **Weeks 2-6**

**Primary goal: Protect subscapularis healing and Full PROM**

- No resistive exercises
- No weights
- Continue scapular stabilizations as above
- Active range of motion – supine (no weights)
- Forward flexion as tolerated
- No ER past 20 degrees at side
- **No ACTIVE Internal Rotation** (bear hugs or pressing belly)
- **No extension** (elbow behind hip)
- Ice 3-4x daily
- Should have full forward flexion and abduction by 6 weeks

#### **6-12 Weeks**

**Primary 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

