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**PHYSICAL THERAPY PRESCRIPTION:**  
**TOTAL/REVERSE SHOULDER ARTHROPLASTY**

**Weeks 1-6: Phase I**

Sling Immobilizer: At all times except for showering and exercise

Exercises: Passive ER to 20 and extension to neutral  
Passive FF in scapular plane to 90  
Active wrist/elbow range of motion  
Submax pain free deltoid isometrics in neutral plane  
Scapular “pinches”  
Modalities as needed

Advancement Criteria: ok to advance starting at 4 weeks post-op if having Mminimal pain and inflammation

- ER to 30
- FF in scapular plane to 120

**Weeks 6-10: Phase II**

Sling Immobilizer: Discontinue sling

Exercises:

Passive & Active assisted FF in scapular plane – no limits (wand exercises, pulleys)  
Passive & Active assisted ER – limit 45 deg  
Active supine FF in scapular plane  
Manual scapular side-lying stabilization exercises

Isometrics: Deltoid in neutral

- ER (modified neutral) ROM < 30 deg
- IR (modified neutral)

Scapular retraction with elastic bands

Humeral head control exercises:

- ER/IR (supine/scapular plane)
- Elevation at 100 deg

Modalities as needed

Advancement Criteria:

FF to 150

ER to 45

Good humeral head control

Minimal to no pain with ADLs

### **Weeks 10-16: Phase III**

Exercises: Progress ROM as tolerated  
AAROM for full FF and ER  
AAROM for IR – no limits  
Flexibility exercises: towel stretch, posterior capsule stretch  
IR/ER/FF isotonic strengthening  
Scapular stabilization  
Rhythmic stabilization  
PREs for scapula, elbow (biceps/triceps)  
Forward flexion in scapular plane  
Progressive resistive equipment: row, chest press (light weight)  
Modalities as needed

Advancement Criteria: Muscle strength 4/5

Passive FF 160, ER >45  
Restore normal scapulohumeral rhythm <90 deg elevation  
Minimal pain and inflammation

### **Weeks 16-22: Phase IV**

Exercises: Access and address any remaining deficits in ROM, flexibility, strength  
Active, active-assisted, and passive ROM exercises  
Flexibility exercises: towel stretch (IR), posterior capsule stretch  
Progressive resistive strengthening:  
Dumbbells  
Progressive resistive equipment  
Elastic band IR/ER (modified neutral)  
Rhythmic stabilization  
Modalities as needed  
Individualize program to meet specific needs of patient

Discharge Criteria: Maximize ROM

Full independent ADLs  
Normal scapulohumeral rhythm >100deg elevation  
Independent HEP