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## **PHYSICAL THERAPY PRESCRIPTION: TOTAL SHOULDER ARTHROPLASTY**

### **Weeks 1-6: Phase I**

**Sling Immobilizer:** At all times except for showering and exercise

**Exercises:** Week 0-1: Patient to do Home Exercises give post-op (pendulums, elbow/wrist ROM, grip)  
ROM goals:

Week 1-3: 90° FF/20° ER at side; ABD max 75° without rotation

Week 3-6: 120° FF/40° ER at side; ABD max 90° without rotation

ROM exercises:

-should be done passively (someone else moving your arm)

-while lying down in the supine position

Active wrist/elbow range of motion

Submax pain free deltoid isometrics in neutral plane

Grip strengthening OK

Heat before PT, ice after PT

Scapular "pinches"

Canes/pulleys OK if advancing from PROM

No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grown back into the humerus and regenerate a blood and nerve supply (No resisted internal rotation/backward extension until 12 weeks post-op)

### **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

Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only

Begin AAROM + AROM for internal rotation and backwards extension as tolerated

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 150 deg

Modalities as needed

No resisted internal rotation/backward extension until 12 weeks post-op)

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

Begin resisted IR/BE (isometrics/bands): isometrics + light bands

Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

Advance strengthening as tolerated:

-10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.

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