TOTAL SHOULDER ARTHROPLASTY
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 - 14

• Sling for comfort, D/C after 4-5 days
  – Sleep with pillow under shoulder / arm for comfort
• Hand squeezing exercises
• Elbow and wrist active motion (AROM)
• Pendulum exercises
• Active assisted motion (AAROM) supine with wand or pulleys
  – Flexion to 120 degrees
  – Abduction to 60 degrees
  – ER to 30 degrees
• Shoulder shrugs, scapular retraction without resistance
• Ice pack

GOALS

• Pain control
• AAROM Flexion to 120 degrees, Abduction to 60 degrees

WEEKS 2 - 4

• Continue appropriate previous exercises
• May wear sling when out in public as needed for comfort
• AAROM supine with wand or pulleys
  – Flexion to tolerance
  – Abduction to 90 degrees
  – Gentle ER to tolerance
• 1-2 Finger Isometrics x 6 (fist in box)
• Stationary bike

GOAL

• AAROM Flexion to 140 degrees, Abduction to 90 degrees
WEEKS 4 - 6

- Continue appropriate previous exercises
- AAROM supine with wand or pulleys
  - Abduction to 120 degrees, Flexion and ER to tolerance
- UBE – Forwards and backwards at low resistance
- Biceps and Triceps PREs with light weight
- Treadmill – Walking progression program

GOAL

- AAROM Flexion to 160 degrees, Abduction to 120 degrees

WEEKS 6 – 8

- Continue appropriate previous exercises
- AAROM (wand, wall climb, pulleys, doorway stretch) through full range
  - IR with wand behind back
- AROM through full range as tolerated
- PROM / mobilization as needed to regain functional motion
- Rotator cuff strengthening with light Theraband x 6
  - Progress slowly with resisted IR
- Standing rows with light Theraband
- Prone scapular retraction ex without weight
- Ball on wall (arcs, alphabet)
- Push-ups against wall
- Elliptical trainer
- Pool walking / running

GOALS

- Full AAROM
- Minimal compensatory motion

MONTHS 2 - 3

- Continue appropriate previous exercises with increased resistance
- Body blade
- Ball toss with arm at side
- BAPS on hands
- Push-ups against table
- Stairmaster
**GOALS**
- Functional AROM
- Normal rotator cuff strength

**MONTHS 3 – 6**
- Continue appropriate previous exercises
- Light weight training
- Swimming / Running as tolerated
- Transition to home / gym program

**GOAL**
- Resume all recreational activities at 6 months

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**ADAPTED FROM:**
PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

- Grip Squeeze
- Elbow active range of motion
- Pendulum
- Shoulder Shrugs
- Ice x 10-15min 2-3 x per day