

Marion M.Herring , MD
Advanced Orthopaedics

804-270-1305
Fax: 804-273-9294

Total Shoulder Arthroplasty

Name _____ Date _____

Diagnosis _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 1-6:

- PROM → AAROM → as tolerated, except . . .
- 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.
- PROM in biceps flexion for first 6 weeks
- ROM goals: Week 1: 120° FF/20° ER at side; ABD max 75° without rotation
- ROM goals: Week 4: 130° FF/30° ER at side; ABD max 75° without rotation
- No resisted internal rotation/backward extension until 12 weeks post-op
- Grip strengthening OK
- Canes/pulleys OK if advancing from PROM
- Heat before PT, ice after PT

_____ Weeks 6-12:

- Begin AAROM → AROM for internal rotation and backwards extension as tolerated, if not already begun.
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only
- No resisted internal rotation/backwards extension until 12 weeks post-op
- No scapular retractions with bands yet

_____ Months 3-12:

- Begin resisted IR/BE (isometrics/bands): isometrics → light bands → weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

Comments:

____ Functional Capacity Evaluation ____ Work Hardening/Work Conditioning ____ Teach HEP

Modalities

____ Electric Stimulation ____ Ultrasound ____ Iontophoresis ____ Phonophoresis ____ TENS ____ Heat before/after

____ Ice before/after ____ Trigger points massage ____ Other _____ ____ Therapist's discretion

Signature _____ Date _____

