

## **Total Shoulder Arthroplasty**

\*If surgery was performed by Dr. VanThiel, please see [www.orthoillinois.com/find-a-provider/geoffrey-s-van-thiel-md/therapy-protocols](http://www.orthoillinois.com/find-a-provider/geoffrey-s-van-thiel-md/therapy-protocols) for therapy protocol.

### **Phase I (1 – 5 days post-op)**

- Modalities: PRN for pain and inflammation (ice, IFC)
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions
- ROM:
  - Shoulder pendulums
  - AROM: forearm, wrist, and hand
- Exercises:
  - Parascapular strengthening and scapular stabilization
  - Grip strengthening

### **Phase II (5 days – 4 weeks post-op)**

- Wound care: Monitor site/scar management techniques
- Modalities: PRN for pain and inflammation (ice, IFC)
- Sling: Until 4 weeks post-op: Ultrasling worn continuously except in therapy or during exercise sessions
- ROM:
  - PROM progressing to AAROM progressing to AROM gradually
  - Pulleys into flexion only
  - Maximums:
    - Abduction 75 degrees
    - Flexion 120 degrees
    - ER 40 degrees (NO PROM)
    - NO ACTIVE IR
    - NO ACTIVE EXTENSION
  - AROM forearm, wrist, and ahand
- Strengthening:
  - Continue parascapular strengthening and grip strengthening
  - Starting at 10 days post-op, begin isometrics for abd/ER
  - Until 8 weeks, Avoid resisted elbow flexion and supination (bicep)

### **Phase III (4 weeks – 10 weeks post-op)**

- Modalities: PRN for pain and inflammation (ice, IFC)

- Sling:
  - At 4 weeks, begin weaning out of Ultrasling in controlled environments and remove abd pillow
  - Until 6 weeks, continue to wear sling outdoors or in public settings
- ROM:
  - PROM & stretching:
    - Beginning at 4 weeks post-op, PROM stretching into flexion and scaption
    - Pulleys and table stretches
    - NO PASSIVE ER
    - Until 6 weeks, NO ACTIVE IR
    - Until 6 weeks, NO ACTIVE EXTENSION
  - AAROM/AROM:
    - By 6 weeks, progress ER to 60 degrees
    - At 6 weeks, begin ACTIVE IR and Extension
    - By 10 weeks, achieve 140-150 degrees of active flexion and scaption
- Strengthening:
  - At 6 weeks, begin Isometrics for flexion
  - At 8 weeks, begin PREs for flexion, scaption, and ER

**Phase IV (10+ weeks post-op)**

- ROM: Unrestricted
- Mobilizations: GH joint mobilizations
- Strengthening:
  - Progress RTC/parascapular strengthening to return to ADLs or work activity

Adapted From:

- 1) Wilk KE, Reinold MM, Andrews, JR. Total Shoulder Replacement Post-Operative Rehabilitation Program. Winchester MA; Advanced Continuing Education Institute, 2019.
- 2) The Brigham and Women's Hospital Inc. Dept. of Rehabilitation Services, 2016.