



**Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy Protocols
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Rehabilitation Guidelines Total Shoulder Arthroplasty/ Reverse Total Shoulder Arthroplasty/Hemiarthroplasty

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-6 Weeks:

- PROM – AAROM – as tolerated, except the following:
 - 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 grow 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 2: 140° FF/40° ER at side; ABD max 75° without rotation
- Grip strengthening OK
- Canes/pulleys OK if advancing from PROM
- Heat before PT, ice after PT
- Sling 6 weeks, may DC abduction pillow at 4 weeks

Weeks 6-12:

- Begin AAROM / AROM for internal rotation and backwards extension as tolerated, if not already begun
- Begin IR/backwards extension to neutral initially with slow progression as tolerated
- 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 scapular retractions with bands yet

>12 Weeks:

- 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.