

Dr. Mark Gardner Physical Therapy Protocol

UPMC Parkside Orthopedics

Total Shoulder Arthroplasty

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
- Shoulder isometrics (ER & IR in multiple angles of scapular plane elevation)
- Treadmill – Walking progression program
- Aquatic therapy when sutures removed (AROM with shoulder submerged within precautionary ROM)

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
- 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

- AROM through full range as tolerated
- Continue appropriate previous exercises with increased resistance
- Body blade
- Ball toss with arm at side

3

- BAPS on hands
- Push-ups against table
- Stairmaster

GOALS

- Functional AROM (Target to achieve full by 8 weeks)
- Normal rotator cuff strength

MONTHS 3 - 6

- Continue appropriate previous exercises
- Light weight training
- Swimming / Running as tolerated
- Transition to home / gym program
- Initiate functional progression for sports/activity-specific tasks

GOAL

- Resume all recreational activities at 6 months

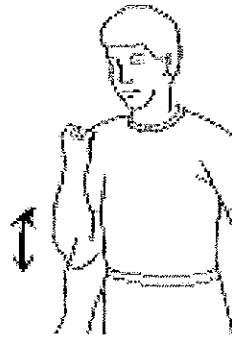
SHOULDER POST-OP PHASE I

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

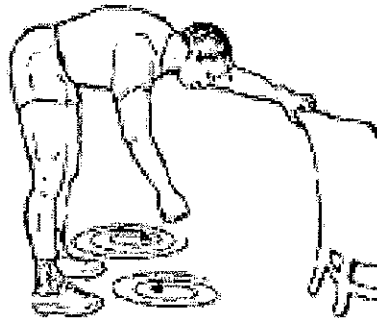
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



Ice x 10-15min 2-3 x per day

