

Total Shoulder Arthroplasty Rehab Protocol

Post-op visits:

- 2w, 6w, 12w, 6m, 1y, 2y, 5y, and then every 5 years thereafter

Xrays:

- Will be done at each visit
 - 2 week visit: No axillary lateral
 - All other visits: Grashey AP external, Grashey AP internal, scapular Y, Axillary lateral

Physical therapy:

- Patients may request formal physical therapy or home exercises without formal therapy
- If formal PT is requested, then prescription will be given at 2-week post-op visit
- Home exercise program will be given to all patients at each visit

Home exercise program (HEP):

- These are a guide for you and the physical therapist; physical therapist may add on exercises as necessary for rehabilitation

Restrictions:

- Sling:
 - Full-time 2 weeks and then 4 more weeks only when sleeping or in public
- Motion restrictions:
 - No abduction or ER > 30 deg (imagine wall next to body) for 6 weeks
 - No behind the back internal rotation exercises for 6 weeks
 - **Do not push yourself out of a chair or bed with your operative arm until 12 weeks after surgery**
- Strengthening and weightlifting:
 - **No strengthening operative arm until 12 weeks after surgery**
 - Weightlifting restrictions: avoid bench press, Olympic lifts, and overhead press until 6 months post-op

Weeks 0-2: Acute Recovery After Surgery

Sling	• Sling at all times except during hygiene and home exercises
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) • No strengthening
Range of Motion	• No shoulder motion except as needed during exercises
Exercises	• Phase I Home Exercise Program
Misc	• Do not submerge incision for 4 weeks after surgery • Ice 3-4x/day with ice packs on towel over shoulder or ice machine

Weeks 2-6: Passive and Active-Assist Motion with limits

Sling	• Sling while sleeping or out in public spaces
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ○ May begin using arm for daily activities in front of body (i.e. computer/desk work) • No strengthening
Range of Motion	• Start passive and active-assist range of motion ○ Flexion: to tolerance (do not force) ○ Abduction (away from body): none ○ External rotation: to neutral (hand pointing directly forward)

	○ Internal rotation: to stomach – only in front of body (not behind back) ○ Helpful guide: pretend your arm is against a wall – do not do any motion away from your body that would go into the wall (abduction or external rotation)
Exercises	● Phase II Home Exercise Program – Shoulder Arthroplasty ○ Abide by motion restrictions during exercises
Misc	● Do not submerge incision for 4 weeks after surgery ● Ice 3-4x/day with ice packs on towel over shoulder or ice machine

Weeks 6-12: Advance motion and start active motion

Sling	● Out of sling completely
Weight Restrictions	● < 1 lb (phone, toothbrush, etc) ● No strengthening ● May start isometric exercises except for internal rotation isometrics
Range of Motion	● Start active motion ○ No limitations for FF, ER, abduction, or extension ○ Do not force stretches to improve external rotation or internal rotation, do these to tolerance only
Exercises	● Phase III Home Exercise Program – Shoulder Arthroplasty
Misc	● Heat before exercises ● Ice after exercises

Months 3 – 4.5:

Sling	● None
Weight Restrictions	● Up to 5 lbs ● May start strengthening of the shoulder (periscapular, rotator cuff, deltoid, etc) ● Ok to start internal rotation isometric exercises
Range of Motion	● Continue to progress range of motion ○ Internal rotation: towel stretches, sleeper stretches to tolerance ○ External rotation: no limit, to tolerance
Exercises	● Phase IV Home Exercise Program – Shoulder Arthroplasty
Misc	● Heat before exercises ● Ice after exercises

Months 4.5 - 6+:

Sling	● None
Weight Restrictions	● Up to 25 lbs
Range of Motion	● Continue to progress range of motion ○ Internal rotation: towel stretches, sleeper stretches to tolerance ○ External rotation: no limit, to tolerance
Exercises	● Phase IV Home Exercise Program – Shoulder Arthroplasty
Misc	● Heat before exercises ● Ice after exercises



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Months 6+:

- No weight restriction
- Return to full sport or activities

**** Adjustments to this protocol may be made based on patient progress at post-operative visits.*