



## PHYSICAL THERAPY SECTION

### TOTAL SHOULDER ARTHROPLASTY

*Revised November 2016*

*Adapted from William Beaumont Army Medical Center*

#### **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  
Treadmill – Walking progression program

**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  
AROM through full range as tolerated  
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**

Continue appropriate previous exercises with increased resistance  
Body blade  
Ball toss with arm at side  
BAPS on hands  
Push-ups against table  
Stairmaster

#### **Goals**

Functional AROM  
Normal rotator cuff strength

### **Months 3 – 6**

Continue appropriate previous exercises  
Light weight training  
Swimming / Running as tolerated  
Transition to home / gym program

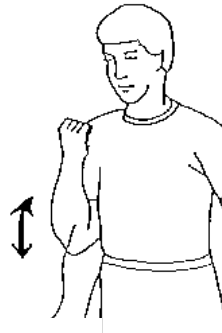
**Goal** – Resume all recreational activities at 6 months

Shoulder Post Op Phase 1  
Perform exercises below frequently: 30 reps 3-5x a day

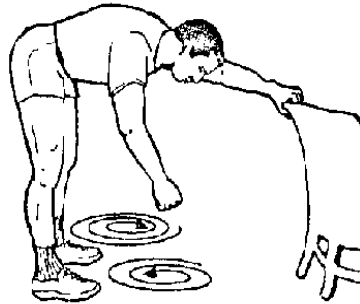
Grip Squeeze



Elbow active range of motion



Pendulum



Shoulder Shrugs



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

