

# Dr. Cory D. Smith | Orthopedic Surgery and Sports Medicine

Shoulder Reconstruction & Arthroplasty

Hip, Shoulder, Knee, and Elbow Arthroscopy

## Physical Therapy Protocol: TOTAL SHOULDER ARTHROPLASTY

**Recommendation:** PT/ OT 2-3 visits per week for 10-12 weeks

### First 2 Weeks

- Wear sling at all times, except to shower
- NO extension x 6 weeks
- NO external rotation x 6 weeks
- Elbow and wrist ROM only
- Ice 3-4x daily

### 2-5 Weeks (Goal: Protect subscapularis healing)

- Wear sling while sleeping and ambulating
- Isometrics for all shoulder motions within pain-free ROM – NO ACTIVE Internal Rotation, NO PASSIVE External Rotation
- Ice following exercises
- No lifting greater than 1-2 lbs

### 6-8 Weeks (Goal: Full PROM (except ER) at end of 8<sup>th</sup> week)

- PROM

	Weeks 2-5	Weeks 5-8
FE	0-75	0-120
ER	0	0-15

- Active range of motion – supine (no weights)
- No resistive exercises
- No weights
- Wear sling in public

### 8-12 Weeks (Goal: Increase function and strength, increase ER ROM)

- Resistive exercises
- TheraBand – home strengthening

>12 Weeks: Weights 5-10 lbs