



Well Beyond.

Craig A. Yager, M.D.
Postoperative Therapy Protocol
Anatomic Total Shoulder Arthroplasty

Functional Goals

Weeks 0-6: Control pain and inflammation while protecting subscapularis osteotomy repair, initiate range of motion
Weeks 6-12: Progress range of motion, begin strengthening
Weeks 12+: Continue strengthening, enhance shoulder mechanics and endurance

Immobilization

Sling at all times except for physical therapy and during active range of motion at the hand, wrist, and elbow
Immobilization critical to allow osteotomy healing, no active internal rotation or passive external rotation beyond 10°

Phase One: Weeks 0-6

Phase One Objectives

Control immediate postoperative pain and inflammation
Immobilization to protect the subscapularis osteotomy repair
Initiate range of motion

Weeks 0-3

Ice 20 minutes per hour for the first 2-3 days, continue as needed afterwards
Passive range of motion in supine position, forward flexion and elevation in the scapular plane to 90°
Periscapular and deltoid sub-maximal pain-free isometrics in scapular plane
Active and Active-assist range of motion of the elbow, wrist, and hand
Pendulums

Weeks 4-6

Continue passive range of motion in supine position

- Forward flexion to 120° and external rotation to 30° in the scapular plane

Active assisted range of motion with pulleys in supine position in scapular plane

- Forward flexion to 130°
- External rotation to 30°

Gentle resistance exercise of the elbow, wrist, and hand

Phase Two: Weeks 6-12

Phase Two Objectives

Discontinue sling at 6 weeks, can still wear in crowded places as needed
Limit lifting to no greater than two pounds
Gradually restore active range of motion
Re-establish dynamic shoulder and scapular stability
Strengthen rotator cuff and shoulder musculature

- Avoid resisted internal rotation and hyperextension until after 12 weeks

Gradually increase deltoid activity as tolerated

Weeks 6-9

Continue advancing shoulder passive range of motion

- May begin passive internal rotation to tolerance, not to exceed 50°

Begin active assist and active range of motion as appropriate if not started already

- Forward flexion, elevation, internal rotation, external rotation (limit 30°) in scapular plane in supine with progression to sitting/standing

Progress strengthening of the elbow, wrist and hand

Scapular stabilizer strengthening

Minimize deltoid recruitment during all exercise

Weeks 10-12

Continue above exercises and functional activity progression

Begin gentle glenohumeral internal and external rotation isometrics with progression to sidelying position with light weight (1-3 lbs.)

Begin periscapular and deltoid isometrics

Forward flexion active range of motion strengthening in the scapular plane (1-3 lbs.) at varying degrees of trunk elevation

Phase Three: Weeks 12+

Phase Three Objectives

Regain full range of motion

Enhance shoulder mechanics, strength, and endurance

Enhance functional use with progression towards a return to full functional and recreational activities

Weeks 12-16

Continue previous exercises

Progress to resisted flexion, elevation while standing

Incorporate low level function activities (swimming, water aerobics, jogging)

Weeks 16 and Beyond

Continue with previous exercise and strength training

Start higher level activities (tennis, light weight training, golf)

Initiate functional progression to sport specific activities

Watch carefully for redness, excessive swelling, excessive bleeding, discharge, fever or pain not relieved by medication. Call immediately (719) 632-7669 if any of these are noticed.