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Total Shoulder Arthroplasty

Name _____ Date _____

Diagnosis _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Weeks 1-6:

- PROM -> AAROM -> as tolerated, except . . .
No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grown back into the humerus and regenerate a blood and nerve supply.
PROM in biceps flexion for first 6 weeks
ROM goals: Week 1: 120° FF/20° ER at side; ABD max 75° without rotation
ROM goals: Week 4: 130° FF/30° ER at side; ABD max 75° without rotation
No resisted internal rotation/backward extension until 12 weeks post-op
Grip strengthening OK
Canes/pulleys OK if advancing from PROM
Heat before PT, ice after PT

Weeks 6-12:

- Begin AAROM -> AROM for internal rotation and backwards extension as tolerated, if not already begun.
Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only
No resisted internal rotation/backwards extension until 12 weeks post-op
No scapular retractions with bands yet

Months 3-12:

- Begin resisted IR/BE (isometrics/bands): isometrics -> light bands -> weights
Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
Increase ROM to full with passive stretching at end ranges
Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities

Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before/after

Ice before/after Trigger points massage Other Therapist's discretion

Signature _____ Date _____