



Always First™

FOX VALLEY ORTHOPEDICS

TOTAL SHOULDER ARTHROPLASTY & HEMIARTHROPLASTY PROTOCOL

NOTE: Patients with a concomitant rotator cuff repair or TSA secondary to cuff arthropathy or fracture need to progress more slowly. Patients advance to the next phase based on meeting progression criteria not on given time frames.

PHASE 1: IMMEDIATE POST-SURGICAL

1-3 weeks

* Precautions

- Sling worn continuously for 3-4 weeks
- Avoid shoulder AROM. Precaution should be exercised to avoid IR (behind the back)
- When lying supine, a towel roll should be placed behind the elbow to avoid shoulder hyperextension or stretching of the anterior capsule
- No lifting of objects
- No upper extremity weight bearing or supporting self on involved side
- No driving for 3 weeks
- PROM, AROM
 - PROM Flexion / ABD in supine to tolerance
 - Gentle PROM ER in scapular plane to 30
 - PROM IR to chest
 - AROM elbow, wrist, and hand
- Strengthening
 - Scapular setting (retraction / protraction)
- Manual techniques
 - Scapular mobilization and manual resistance techniques
 - Soft tissue massage and scar mobilization
- Modalities
 - Ice, electrical stimulation

CRITERIA TO PROGRESS TO PHASE II:

90 PROM Flexion / ABD

30-45 PROM ER in scapular plane

70 PROM IR in scapular plane

Continued

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PHASE II: EARLY STRENGTHENING

4-6 weeks

* Precautions

Sling use for sleeping.

Towel roll under elbow when lying supine to avoid anterior capsule stretch

No lifting of objects greater than the weight of a coffee cup

• PROM, AROM

Continue with PROM (all planes); gradually increase ER to 60 by week 6

Begin AAROM within limitations (pulley, wand, wall slide)

Begin AROM all directions pain-free (sling use is still recommended for sleeping)

• Strengthening

Begin submaximal shoulder isometrics (caution IR)

Progress scapular strengthening (protraction, retraction, depression)

• Manual techniques

Gentle glenohumeral / scapulothoracic joint mobilizations

Soft tissue massage

Initiate GHJ rhythmic stabilization

• Modalities

Ice, electrical stimulation

CRITERIA TO PROGRESS TO PHASE III:

140 PROM Flexion

120 PROM ABD

60 PROM ER in scapular plane

70 PROM IR in scapular plane

100 AROM Flexion against gravity with good mechanics

PHASE III: MODERATE STRENGTHENING

7-12 weeks*

*With concomitant rotator cuff repair, Phase III should not begin before 10-12 weeks

* Precautions

No lifting of objects greater than 6 lbs.

Avoid sudden lifting / pushing motions

• PROM, AROM

Continue PROM to achieve full ROM

Continue AAROM exercises as necessary to achieve full ROM

• Strengthening

Resisted IR, ER & Extension with Theraband; progress IR / ER strengthening as tolerated

Begin active supine flexion & scaption strengthening with light weight; progress to standing as tolerated

Continued

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PHASE III: MODERATE STRENGTHENING

Continued

- Stretching
 - Advance PROM to stretching (may begin IR stretch behind back)
- Manual techniques
 - Scapular and glenohumeral mobilization
 - Soft tissue massage
 - Posterior capsule stretching
 - GHJ and scapular rhythmic stabilization and manual resistance techniques
- Modalities as necessary