

TOTAL SHOULDER ARTHROPLASTY

GOALS

1. Ability to perform home exercise program (HEP)
2. Independent with Activities of Daily Living (ADLs)
3. Functional Range of Motion

OUTPATIENT THERAPY SHOULD BEGIN TWO TIMES PER WEEK UPON DISCHARGE FROM THE HOSPITAL FOR A PERIOD OF ONE TO SIX MONTHS

POD# 1:

1. Pendulum exercises 3x/day minimum-taught at hospital and reviewed in outpatient setting
2. PROM all ranges
3. No External Rotation > 30 degrees
4. Sling may be removed while exercising

POD #2:

1. Pulley and wand exercises
2. Manual resisted scapular motions
3. Modalities as indicated

POD #3 to #7:

1. Pendulum exercises
2. Passive forward flexion in supine position
3. Assisted forward flexion in supine position
4. Assisted external rotation to neutral
5. Active flexion and abduction may be started, using pain and fatigue as a guide

Gregory H. Tchejyan, M.D.
Orthopaedic Surgery of the Hip and Knee
www.tjnortho.com

Weeks 1-4:

1. Progress AAROM/AROM as tolerated
2. Assisted extension
3. Assisted horizontal external rotation in supine position (hands clasped behind head)
4. Assisted horizontal abduction / adduction
5. Assisted internal rotation
6. Isometrics for shoulder musculature
 - internal rotation, external rotation, extension, abduction, and flexion
7. ROM limited with external rotation to 45 degrees
8. Scapular stabilizing exercises

Weeks 4-6:

1. The patient performs exercises 3 to 4 times per day
2. Sling Immobilization (except for exercise / hygiene)
 - a. 2 to 3 weeks for TSA WITH INTACT ROTATOR CUFF
 - b. 6 weeks for TSA WITH INJURED/INSUFFICIENT ROTATOR CUFF
3. Initiate Theraband exercises for flexion, extension, abduction, external rotation and internal rotation
4. Active forward flexion in supine position
5. Progress to active flexion in vertical position
6. Progress to active flexion, extension, abduction, internal rotation and external rotation
7. Increase range of motion exercises
8. Light resistive range of motion
9. Emphasis on quality of exercise with postural education

DISCHARGE TO INDEPENDENT PROGRAM WHEN ROM PLATEAU REACHED