



# DOSHER Physical Therapy



## TOTAL SHOULDER ARTHROPLASTY

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### GOALS:

#### POSTOPERATIVE REHABILITATION

- Pain Relief
- Maximize ROM
- Maximize Strength
- Wound Care

### PHASE I: ACUTE MANAGEMENT

#### ❖ POD 1-3

##### ➤ GOALS

- Pain Management
  - Sling/support
  - Medication
  - Modalities as needed
- PROM Initiation
  - Codmans
  - Overhead 0-90° scapular plane
  - External rotation 30-40° at 30° abduction
- Start scapular plane AROM
- Dressing change/Wound care till healed

#### ❖ POD 4- WEEK 2

- Continue modalities
- Continue codmans
- Overhead pulleys
- Deltoid and rotator cuff isometrics with glenohumeral joint in neutral

- **PASSIVE:**
  - Shoulder flexion with elbow flexed
  - Shoulder abduction with arm internally rotated
  - Shoulder external rotation to neutral with arm adducted
- **ACTIVE:**
  - Elbow flexion and extension
  - Forearm supination and pronation
  - Hand and wrist movements

## **PHASE II: SUBACUTE PHASE EARLY STRENGTH TRAINING**

### **WEEK 3 – 6**

- **GOALS**
  - Pain management
    - Increase PROM
    - Initiate strength
  - PROM
    - Overhead motion to 120°
    - External rotation (gentle) to 60° @ 70° abduction in scapular plane
    - Internal rotation to 50° @ 70° abduction
    - Grade I – IV Glenohumeral and Scapulothoracic joint mobilizations
  - STRENGTH
    - No active internal rotation until 6 weeks
    - Begin active ROM without weight in biomechanically correct ROM only
      - ◆ Elevation in the scapular plane (progress supine – inclined – upright)
      - ◆ Prone rowing
      - ◆ Serratus “punches” supine
      - ◆ Sidelying ER

## **PHASE III: MAXIMUM STRENGTH TRAINING**

### **WEEK 6-12**

- **GOALS**
  - Maximize AROM/PROM
  - Maximize strength
- **ROM: IDEAL GOALS**
  - Overhead 160°
  - External rotation 90° @ 90° abduction
  - Internal rotation 60° @ 90° abduction
- **STRENGTH: MAXIMIZE**
  - Total arm strength
  - Rotator cuff
  - Biceps/triceps

- Scapular stabilizers
  - GRADUALLY ADD THE FOLLOWING:
    - ◆ Periscapular strengthening (wall push ups, upright rowing, etc.)
    - ◆ Manually resisted PNF patterns
    - ◆ ER, IR and PNF patterns on pulleys
    - ◆ ER, IR @ 90° abduction
    - ◆ “Empty can” exercise
    - ◆ Begin functional progression for sports/activity specific tasks