

Total Shoulder Arthroplasty

Name Alexander Strassman, DO DOS: _____
 DX: _____

• = DO EXERCISE for that week/month

Week

	Protection (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM Restrictions	DATE															
	Scapular Retraction-Depression	•	•	•	•	•	•									
	FE: Cervical ROM Exercises	•	•	•	•	•	•									
	ER: Elbow/Hand/Wrist ROM	•	•	•	•	•	•									
	IR: Pendulums	•	•	•	•	•	•									
	ABD: AAROM			•	•	•	•									
	Begin Full AROM:	•	•	•	•	•	•									
	Sling	Passive ROM														
		External Rotation	30	30	30	•	•	•								
		Forward Elevation & Scaption	•	•	•	•	•	•								
Abduction		•	•	•	•	•	•									
Internal Rotation to Belt Line		•	•	•	•	•	•									
T.E.D. Hose 2 Weeks to prevent DV	Internal Rotation	•	•	•	•	•	•									
	Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Active Assist ROM															
	Internal & External Rotation			•	•	•	•	•	•	•	•	•	•	•	•	
	Forward Elevation & Scaption			•	•	•	•	•	•	•	•	•	•	•	•	
	Isometrics-Light															
	Internal/External Rotation			•	•	•	•	•	•	•	•	•	•	•	•	
	Deltoid			•	•	•	•	•	•	•	•	•	•	•	•	
	Active ROM															
	Sidelying External Rotation				•	•	•	•	•	•	•	•	•	•	•	
Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	Forward Elevation & Scaption (lawn chair progression)				•	•	•	•	•	•	•	•	•	•		
	progression)				•	•	•	•	•	•	•	•	•	•		
	ER				•	•	•	•	•	•	•	•	•	•		
	Prone Lower Traps				•	•	•	•	•	•	•	•	•	•		
	Prone Extensions with ER				•	•	•	•	•	•	•	•	•	•		
	Open Chain Proprioception				•	•	•	•	•	•	•	•	•	•		
	Stretches															
	Door Jam Series							•	•	•	•	•	•	•	•	
	Towel Internal Rotation							•	•	•	•	•	•	•	•	
	Cross Arm Stretch							•	•	•	•	•	•	•	•	
Precautions 1. Avoid 90/90 stretching for 6 weeks	Sleeper Stretch						•	•	•	•	•	•	•	•		
	TV Watching Stretch									•	•	•	•	•		
	90/90 External Rotation Stretch										•	•	•	•		
	(ADL's)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	Eating/Drinking (Elbow motion ok)				•	•	•									
	Dressing				•	•	•	•	•	•	•	•	•	•	•	
	Washing/Showering				•	•	•	•	•	•	•	•	•	•	•	
	Computer with supported arm	•	•	•	•	•	•	•	•	•	•	•	•	•	•	
	Driving				•	•	•	•	•	•	•	•	•	•	•	
	Lifting up to 5 lbs.				•	•	•	•	•	•	•	•	•	•	•	
Overhead Activity							•	•	•	•	•	•	•	•		
Lifting greater than 5 lbs.									•	•	•	•	•	•		

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HSMC for assistance in progressing as needed.

Week

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation									•	•	•	•	•	•
Internal Rotation									•	•	•	•	•	•
Punches with a Plus									•	•	•	•	•	•
Sport Cord Rows									•	•	•	•	•	•
Prone Lower Trap									•	•	•	•	•	•
Bicep Curls									•	•	•	•	•	•
Triceps Extensions									•	•	•	•	•	•
Initial Push-up Plus										•	•	•	•	•
Initial Closed Chain Stability										•	•	•	•	•
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45°										•	•	•	•	•
Bear Hugs										•	•	•	•	•
External Rotation at 90°										•	•	•	•	•
Statue of Liberty											•	•	•	•
Advanced Push-up Plus												•	•	•
Stability													•	•
PNF with Resistance													•	•
Decelerations													•	•
Plyometric External Rotation														
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Skiing													•	•
Throwing Progression													•	•
Overhead and Serving Sports (tennis, volleyball)													•	•
Contact Sports (football, hockey, lacrosse)														
Swimming												•	•	•



Therapist: _____