

# TOTAL SHOULDER ARTHROPLASTY POST-OP PROTOCOL

DR. ELRASHIDY – TRI-VALLEY ORTHOPEDICS

## OVERVIEW

- ♦ **Protect Subscap/Lesser Tuberosity osteotomy** x 6 weeks (NO early IR strengthening, see motion limits below)
- ♦ **Sling** - Simple sling for 6 weeks as follows:
  - ♦ Full time x 4 weeks: After week 4, gradually wean during day as tolerated
  - ♦ After Week 4: Continue to wear while sleeping until Week 6
- ♦ **When Supine:** For first 6 weeks, place small pillow/roll behind elbow to **avoid hyperextension**
  - ♦ Prevents tension on subscap/tuberosity repair
  - ♦ Instruct patient they should be able to visualize elbow (ensures no extension past neutral)

## **Other Precautions:**

- ♦ No lifting or AROM x 4 weeks, No Active IR for 6 weeks
- ♦ No excessive behind the back motion (especially IR)
- ♦ No excessive stretching (especially ER)
- ♦ No pulleys x 6 weeks

## PHASE 1: Weeks 0-6

### Early Phase 1 (Weeks 0-4)

- ♦ Sling full-time (except with formal, home PT or when showering) for 4 weeks
- ♦ Patient will see therapist on post-op day #1 in hospital to learn:
  - ♦ **Pendulums** as tolerated
  - ♦ **Passive supine forward elevation** as tolerated
  - ♦ **Gentle ER in scapular plane** to available PROM (20-30°)
- ♦ Begin Outpatient Therapy at 7-10 days post-op
- ♦ **Cryotherapy** (+ other soft tissue modalities): For swelling, pain and inflammation
- ♦ Supine forward flexion (initially PROM, progress to AAROM as tolerated)
- ♦ AROM of elbow, wrist, hand and neck
- ♦ Begin scapular isometrics (scapular sets – primarily retraction)
- ♦ Work on PROM in all planes (except limit ER to 30°, NO extension)
- ♦ NO Pulley exercises

### Phase 1 – Late (Weeks 5-6)

- ♦ **Sling:** Worn only when sleeping, wean during the day over next 2 weeks
- ♦ Begin gentle **active-assisted ROM** as tolerated
  - ♦ Focus on assisted forward flexion and ER/IR in plane of scapula
  - ♦ Achieve ER to 45°

## **MOTION GOALS/CRITERIA TO ADVANCE TO PHASE 2**

- Minimum of 90° PROM Forward Flexion/Elevation in scapular plane
- 45° PROM ER in scapular plane
- 70° PROM IR in scapular plane measured at 30° Abduction

# **TOTAL SHOULDER ARTHROPLASTY**

## **PHASE 2: Weeks 6-12**

- ◆ Continue **PROM and AAROM**
- ◆ **Begin AROM:** Begin active flexion, IR and ER in plane of scapula
- ◆ **Begin pulleys** for forward elevation in plane of scapula (as long as > than 90° PROM)
- ◆ Begin sub-maximal deltoid isometrics (anterior, lateral & posterior) in neutral
- ◆ Begin scapular strengthening exercises as appropriate
- ◆ Begin assisted horizontal adduction
- ◆ Gentle glenohumeral & scapulothoracic joint mobilization, rhythmic stabilization
- ◆ Ok to begin leg workouts (machines, avoid free weights)

## **GOALS/CRITERIA TO ADVANCE TO PHASE 3**

- Tolerates isometric, AAROM program
- Has achieved at least 140° of PROM forward elevation in scapular plane
- Has achieved at least 60° PROM ER in scapular plane and at least 70° PROM IR in scapular plane (measured at 30° of abduction)
- Able to actively elevate shoulder against gravity with good mechanics to 100°

## **PHASE 3: Weeks 13-16**

**Precaution:** Avoid excessive stress on anterior capsule (no abduction/ER > 80° of abduction)

- ◆ Progress AROM exercise and continue PROM/stretch as needed
- ◆ Initiate assisted shoulder IR behind back stretch
- ◆ Initiate resisted shoulder ER/IR in scapular plane (low resistance, high rep)
- ◆ Begin light shoulder strengthening (low resistance, high rep): Start with progressive supine active forward elevation with light weight (2-5 lbs) at varying degrees of elevation
- ◆ Continue progressing ABD/ER
- ◆ As patient progresses, begin resisted T-Band flexion & extension in scapular plane
- ◆ Progress IR/ER strengthening
- ◆ Progress IR stretch behind back from AAROM to AROM as tolerated
- ◆ Functional combined movements as tolerated

## **PHASE 4: 4-6 Months**

- ◆ Continue to progress strengthening program
- ◆ Return to moderately challenging functional activities
- ◆ After Month 5:
  - ◆ Return to recreational hobbies (golf, gardening, doubles tennis, swimming breast stroke at physician and therapist discretion)

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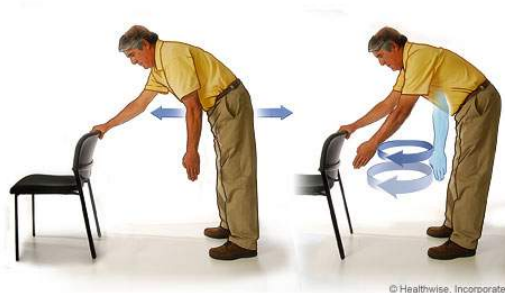
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## SAMPLE EXERCISES

- 1) **Passive Supine Flexion/Forward Elevation:** Lie on your back. Grasp wrist with non-op hand and passively raise operative arm overhead. Aim to get to 90° by 3 weeks. In week 4, progress to 120°. Then full ROM after 6 weeks. Keep elbow bent and relaxed. Repeat 10 reps, 2-3 times/day



- 2) **Passive Pendulum Exercise:** Hold onto a chair back with non-op hand and bend forward. Let the operative arm hang down passively. Use body to passively swing arm: Forward, backward, side to side and in small circles. Repeat throughout the day as tolerated



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