

**Total Shoulder Arthroplasty  
Dr. Matthew Holien**

**General Consideration:** Sling or Immobilizer x 6 weeks. Continually monitor for signs of infection. Encourage Icing program. Pre-Operative HEP (for maximizing strength and motion) may be given per patient request and need. If Supraspinatus/Infraspinatus rotator cuff repair involved with TSA: No AROM into flexion or abduction x 6 weeks. If Revision or structural glenoid grafting: Only gentle pendulum, gentle isometrics, AROM to hand/wrist/elbow x 2 weeks.

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
<b>Post-Op</b> Day 1-10	External Rotation to Neutral Only PROM to AAROM for flexion/scaption toward 100 degrees. HEP: Shoulder shrugs/Scapular Squeezes; AROM to hand, wrist and elbow; Codman's Pendulum exercises per patient tolerance. Gentle shoulder Isometrics. No active Internal Rotation against resistance. See I time weekly to check for signs of Adhesive Capsulitis. If signs appear notify M.D.	Promote optimal healing of tissue. Mobilize Patient.
<b>Phase I</b> 10 days to 3 weeks Post-Surgery	Progress External Rotation (to 45 degrees) and Abduction with PROM to AAROM per patient tolerance. Continue progression of Flexion to patient tolerance. Start UBE, continue exercises as above. Mildly activate Rotator Cuff and Deltoid. See 1-3 x weekly.	1/5 Strength Progressing patient ROM
<b>Phase II</b> 3-6 weeks Post-Surgery	Continue to progress PROM toward full ROM (except External Rotation to Tolerance). Deltoid and Rotator Cuff strengthening with gravity eliminated, progress to gravity resisted and light resistance exercise EXCEPT Internal Rotation. See 1-3 x weekly.	Progress ER tolerance 2/5 Strength
<b>Phase III</b> 6-12 weeks Post-Surgery	Deltoid and Rotator Cuff Strengthening with gravity resisted. Begin Internal Rotation strengthening. Start progressive exercise program of shoulder, AAROM to AROM, strengthening with PRE's until functional goals are met. See 1-3 x weekly.	Maximize ROM Progress ER toward 90 degrees 4/5 strength

<p><b>Phase IV</b> 12-24 weeks Post-Surgery</p>	<p>Sport Specific Activities. Advanced strengthening.</p>	<p>Return to Play per MD orders.</p>
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