

Anatomic Total Shoulder Arthroplasty Protocol

Dr. Erickson

| Time Frame | Treatment | Goals |
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| Phase I (Surgery to 4 weeks after surgery) | <ul style="list-style-type: none"> • Wear sling while sleeping and out in public for 6 weeks • No active internal rotation • Suggested Exercises: <ul style="list-style-type: none"> ○ Elbow, wrist, and neck active ROM ○ Passive and active assistive range of motion for shoulder flexion and abduction to patient tolerance. ○ Codman's exercises ○ Isometrics for flexion, abduction, extension and external rotation | <ul style="list-style-type: none"> • Reduce pain and swelling • Maintain AROM of elbow, wrist and neck • Progression Criteria: 4 weeks out from surgery |
| Phase II (4 – 8 weeks after surgery) | <ul style="list-style-type: none"> • Wean out of sling by week 6 • Suggested Exercises: <ul style="list-style-type: none"> ○ Passive and active assistive ROM in all planes ○ Pain free, progressive, low resistance shoulder isotonic. ○ Scapular strengthening with arm in neutral ○ Scapular active ROM | <ul style="list-style-type: none"> • Controlled restoration of passive and active assistive range of motion. • Activate shoulder and scapular stabilizers in a protected position of 0-30 degrees of shoulder abduction • Progression Criteria: 8 weeks after surgery |
| Phase III (8-12 weeks after surgery) | <ul style="list-style-type: none"> • External rotation limited to 60 degrees • Suggested Exercises: <ul style="list-style-type: none"> ○ Shoulder internal rotation and external rotation with TheraBand ○ Scapular stabilization ○ Range of motion and in all planes ○ May begin rotator cuff strengthening in 90 degrees of abduction and higher after 12 weeks. | <ul style="list-style-type: none"> • Functional active ROM in all planes • Return to normal/functional strength |