

Total Shoulder Arthroplasty Rehab Protocol

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Immediate post-op, DOS:

- Sling to comfort with goal to dc by end of week 2
- Cryotherapy and TENS if needed for pain
- No ER > neutral first week
- AROM neck, elbow, wrist and hand

Week 1-3 post op, Begin Date:

- Initiate therapy 1-2x/wk as needed
- No ER > 30deg or active IR x 6 weeks to protect subscap
- Scap retraction/depression training
- Forward flexion passively progressing to AA beginning immediately

Week 4-6 post-op, Begin Date:

- Progress forward flexion to Active as tolerated and with good scapulohumeral control
- Initiate ROM/stretching for all other motion at 6 weeks
- Begin strengthening at 6 weeks

Week 8-12, Begin Date:

- Progress all motions to full potential
- Initiate overhead strengthening/function when demonstrates appropriate scapulohumeral movement patterns and stabilization
- Progress to independent HEP as able.