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## **Total Shoulder Arthroplasty Rehabilitation**

### **Week 1-2**

- Wear sling day and night for 4 weeks (May remove to perform pendulums)
- No external rotation past 30 degrees for first 4 weeks
- Cervical Stretches
- Wrist/hand ROM (Avoid supination)
- Begin grip and wrist strengthening exercises (Avoid supination)
- Cryotherapy and Electrical stimulation for edema and pain control
- Pendulums
- PROM for shoulder flexion and ER to 0 degrees (or as noted on accompanying Rx) x 4weeks, then slowly progress
- No resisted elbow flexion/supination x 6 weeks
- No resisted IR for 6 weeks

### **Weeks 2-4**

- Continue therapy 2-3x/week for PROM – shoulder flex to 90 degrees, abduction to 30 degrees or less
- No shoulder extension or horizontal abduction past body for 4 weeks
- AAROM pulleys and supine wand exercises
- Scapular retractions
- Triceps isometric strengthening
- Side lying scapular mobilizations
- Side lying scapular PNF (anterior elevation/posterior depression & posterior elevation/anterior depression)

### **Weeks 4-5**

- Discontinue sling use at home and while sleeping. Sling use in public until week 6
- Neutral shoulder isometrics 6 directions
- Manual rhythmic stabilization
- Standing UE weight shifting
- AAROM with wall walking flexion and abduction

### **Weeks 5-6**

- UBE without resistance forwards
- Pain free PROM to shoulder in all planes; limit ER to 40 degrees
- Wall push-ups (arms shoulder width apart, focus on triceps)

### **Weeks 6-8**

- Discontinue sling use full time at week 6
- AROM elbow flexion and extension
- Initiate biceps isometrics
- Rotator cuff exercises (isometric IR for 2 weeks)
- Wall alphabet with ball
- Supine punches
- Triceps strengthening

### **Weeks 8-10**

- Progress gradually to full A/PROM
- PRE's for IR for 2 weeks
- UBE forwards/backwards
- Initiate resisted elbow supination/pronation and flexion as well as shoulder IR
- Shoulder extensions with Theraband PNF D2 flexion and extension Theraband

### **Weeks 10-12**

- Plyometric exercises (ie. Chest pass, overhead pass)
- Progress resistive exercises and intensive shoulder exercises
- Progress functional and sport specific (if any) activities