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Hip, Knee, Shoulder &amp; Sports Medicine Surgery

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**TOTAL SHOULDER ARTHROPLASTY REHABILITATION PROTOCOL**

Phase	Restrictions	Therapeutic Exercises
Phase 1: Weeks 0-2  Goals: Reduce swelling and edema, minimize pain, retard muscle atrophy, protect the surgical repair, and avoid shoulder stiffness	-Simple sling always except PT, hygiene, and dressing -No lifting greater than 5lbs with affected extremity -No strengthening	-Passive range of motion 0-90 degrees flexion and abduction, and external rotation to neutral -Unrestricted elbow, wrist, and hand range of motion with the arm at the side -Wall slides, pendulums -Putty squeezes -Scapular Retraction -Cervical stretching and range of motion -Modalities PRN
Phase 2: Weeks 3-6  Goals: Progress range of motion, minimize pain, retard muscle atrophy, protect the repair, and begin neuromuscular control	-May wean from simple sling during the day -Avoid external rotation -Sleep in the sling until week 4 -No lifting greater than 5lbs	-Progress to full passive range of motion, but continue external rotation to neutral until week 6 -Once full passive range of motion is achieved, progress to full active range of motion except external rotation -Rotator cuff isometric strengthening -Periscapular low rows, serratus punches -Light bicep curls, triceps motor control exercises -Rhythmic stabilization -Side lying horizontal adduction
Phase 3: Weeks 7-12  Goals: Full range of motion, minimal pain, begin muscular activation and strengthening, protect the repair	-Discontinue sling -No lifting greater than 10lbs -Full range of motion in all planes	-Full range of motion in all planes -Progress rotator cuff strengthening as tolerated -Push-up plus, resistance bands, prone shoulder extensions, forward punches -UBE with resistance -PNF patterns with resistance bands, wall-slides with resistance
Phase 4: Weeks 13-18  Goals: Progression of functional activities, advanced sport and recreational activity per surgeon	-Clearance from MD and all milestones achieved by week 18 -No heavy weightlifting until 16 weeks  <b>Criteria for Discharge:</b> -<10% strength deficit -Limb similarity index of 90% or greater -45/50 on biomechanical functional tests (if performed) -No pain or complaints of instability	-Continue all strengthening exercises -Maintain full range of motion -External rotation strengthening -Periscapular T's & Y's -Progressive ball stabilization on the wall, and wall ball dribbles