



**Physical Therapy Total Shoulder Arthroplasty
Post-Operative Therapy Plan**

Primary Surgery: Total Shoulder Arthroplasty

Secondary Procedures: _____

Date of Surgery: _____

Surgeon: _____

Additional Considerations/Precautions:

Sling: x 6 wks

Pt to wear sling 24 hours/day. Remove for showering/dressing and PT exercises.

Next Follow Up with MD/PA: _____

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TOTAL SHOULDER ARTHROPLASTY

Precautions: Neutral extension x 6 wks. When lying supine patient should be instructed to always be able to visualize their elbow.

Avoid pushing off of seat or bed with involved arm for 8 wks

Avoid IR x 6 wks, no greater than abdomen (no behind the back)

Avoid shoulder AROM x 6 wks.

Avoid excessive stretching into ER. *See subcapularis limits of ER.

Ideally patients should achieve the following milestones before advancing to the next stage.

	Intervention	Milestones
Week 0-5 _____ PROM ONLY x 6 wks	Control pain and inflammation Elbow/wrist/hand AROM Postural education/Scapular retraction exercises PROM- limiting ER to 30 degrees max and 0 extension	Good pain management, soft tissue healing, maintain integrity of replaced joint Full elbow/wrist/hand ROM PROM goals: (to achieve, not exceed) Flexion/scaption to tolerance Abduction to 90 ER 30 IR to belly Extension 0
Weeks 6-9 _____	Begin AAROM (flexion and scaption) as long as PROM is > 90° Begin submax rotator cuff isometrics (caution with IR due to subscapularis) Continue postural and scapular exercises Add manual resistance for scapular exercises Progress shoulder PROM to tolerance Begin shoulder AROM exercises (supine→standing) for all motions Manual PNF in supine at week 8 Begin assisted horizontal adduction Initiate gentle closed chain progressive exercises	Full PROM Overhead AROM with good mechanics to 100°
Week 10-12 _____	Continue to progress AROM to tolerance in standing Begin PREs – theraband exercises	Overhead AROM with good mechanics to 120° Functional with ADLs below chest level
Week 12+ _____	Transition to home program 3-4x/wk Continue to progress AROM Progress strengthening exercises Continue to progress closed chain exercises Gradual return to functional activities If progressing to gym program: - Limited press exercises to 20-25# max	AROM painfree and with good mechanics 4/5 strength for all motions Return to recreational hobbies/sports

- Be cautious with weight bearing through the shoulder/UE, and with any heavy resisted exercise.
- Always use professional discretion. Some patients may progress slower than others. The given timeframes are an approximate guide for progression, achieving the milestones should serve as a better reference for progression to the next phase. Please consult with the physician if any questions or concerns.

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