



Total Shoulder Arthroplasty Postoperative Therapy Plan

Date of Surgery: _____

Details of Surgery: _____

Surgeon: _____

Next Follow Up with MD/PA: _____

Additional Info: _____

Restrictions/Precautions:

Sling:

- x 6 weeks
- Wear sling 24h/day, remove for showering/dressing, PT exercises as indicated by therapist

Other Precautions:

- Neutral extension x 6 weeks (when laying supine, patient should always be able to visualize elbow).
- AVOID pushing off of seat or bed with involved arm x 8 weeks
- AVOID IR x 6 weeks, no greater than abdomen (not behind back)
- AVOID shoulder AROM x 6 weeks
- AVOID excessive stretching into ER

Important Notes:

1. Weeks and months are designated in their relationship to the postoperative timeline in the grids below (e.g. Week 1 indicates postoperative days 0-7).
2. If a precaution/restriction is listed x 4 weeks it indicates **a full 4 weeks**, it is lifted after day 28.
3. Notes above supersede any notes in the grid below, as they indicate the surgeon's preferences for this individual patient and the circumstances of their surgery.

Phase 1: Acute Postop (Weeks 0-5)	
PRECAUTIONS	<ul style="list-style-type: none"> • Sling x 6 weeks • PROM ONLY x 6 weeks • PROM LIMITS: <ul style="list-style-type: none"> • Abduction: 90° • ER: 30° • IR: to belly° • Extension: 0°
Rehab Focus	<ul style="list-style-type: none"> • Control pain and inflammation • Elbow/wrist/hand AROM • Postural education • Early passive mobility of shoulder • Patient education re: precautions and sling use
Interventions to Consider	<p><u>Pain Control:</u></p> <ul style="list-style-type: none"> - Shoulder PROM - Cervical AROM <p><u>Mobility:</u></p> <ul style="list-style-type: none"> - Shoulder PROM - Cervical, wrist, hand AROM - PROM goals (TO ACHIEVE, NOT EXCEED): <ul style="list-style-type: none"> • Flexion/Scaption to tolerance • Abduction: 90° • ER: 30° • IR: to belly • Extension: 0° <p><u>Postural Education:</u></p> <ul style="list-style-type: none"> - Ensure proper sling fit - Educate on scapular setting in sling
Criteria for Progression to Phase 2: <ul style="list-style-type: none"> - PROM flexion and abduction ≥ 90° 	

Phase 2: Subacute Postop (Weeks 6-9)	
PRECAUTIONS	<ul style="list-style-type: none"> • Sling x 6 weeks • PROM ONLY x 6 weeks
Rehab Focus	<ul style="list-style-type: none"> • Normalize PROM • Initiation of progression to AAROM and AROM • Initiation of gentle progressive loading (isometrics, progressive closed chain) • Control pain and inflammation

Interventions to Consider <i>Continue previous interventions as appropriate</i>	<u>Pain Control:</u> <ul style="list-style-type: none"> - Shoulder PROM - Cervical AROM <u>Mobility + Loading:</u> <ul style="list-style-type: none"> - Week 5: Begin AAROM into flexion and scaption - Begin pain-free submaximal rotator cuff isometrics - Begin gentle assisted horizontal adduction - Add progressive resistance to scapular exercises as appropriate - Week 6: wean from sling - Week 6: Begin gentle AROM exercises progressing from supine to standing - Initiate gentle progressive loading in closed chain - Week 8: Consider manual PNF in supine
Criteria for Progression to Phase 3: <ul style="list-style-type: none"> - PROM \geq 90% WNL - Overhead AROM with good mechanics to 100° 	

Phase 3: Functional (Weeks 10-12)	
Rehab Focus	<ul style="list-style-type: none"> • Progressive functional mobility • Control pain and inflammation as activity increases
Interventions to Consider <i>Continue previous interventions as appropriate</i>	<u>Mobility + Loading:</u> <ul style="list-style-type: none"> - Continue to progress AROM to tolerance in standing with attention to mechanics - Begin progressive resistive exercises in all planes - Attention to end range mobility
Criteria for Progression to Phase 4: <ul style="list-style-type: none"> - Overhead AROM with good mechanics to 120° - Pain-free functional ADLs below chest level 	

Phase 4: Return to Activity (Weeks 12+)	
Rehab Focus	<ul style="list-style-type: none"> • Continued progression of functional mobility • Continued attention to end range mobility • Gradual return to desired recreational activities with physician approval

Interventions to Consider <i>Continue previous interventions as appropriate</i>	<u>Mobility + Loading:</u> <ul style="list-style-type: none"> - Continue to progress functional AROM - Progress strengthening in all planes with attention to desired recreational activities, but cautious to avoid excessive loading - Attention to end range mobility <u>Gym Activity:</u> <ul style="list-style-type: none"> - No lifting >25# single arm - No lifting >50# with both arms <p>AND/OR: Weight lifting such that 15-20 reps can be accomplished</p> <u>Patient Education re: Activity:</u> <ul style="list-style-type: none"> - Be cautious with progressive weight bearing through the shoulder and with heavy resisted exercise.
General Return to Activity Timelines	<ul style="list-style-type: none"> - Running: 3 months - Weight Training: 4 months - Golf: 4 months - Swimming: 4 months - Pickleball: 4.5 months - Skiing: 5 months
Goals for Discharge: <ul style="list-style-type: none"> - AROM >75% WNL pain free with good mechanics - 4/5 strength in all shoulder planes - Return to physician approved recreational activities. Follow up with surgeon regarding official discharge status.	