



PHYSICAL THERAPY PROTOCOL FOLLOWING SHOULDER ARTHROPLASTY

POSTOP WEEKS 1-2:

- Protection:
and use**
- ❖ Sling for outdoor use
 - ❖ Patient may be more comfortable out of sling when indoors
 - ❖ May bring hand to mouth for eating or washing
 - ❖ May place hand pointing straight ahead as on armrest of chair
 - ❖ May use hand for writing
 - ❖ May begin gentle active use as tolerated
- Modalities:**
- ❖ Cold pack
 - ❖ Ultrasound to scapular muscles
 - ❖ Effleurage from scapula to shoulder
 - ❖ TENS for pain if needed
 - ❖ Advance to hot packs after sutures removed
- Exercises:**
- ❖ PRECAUTION: Avoid excessive resistance
 - ❖ Shoulder shrugs, pinches, grip exercises
 - ❖ Gentle elbow ROM exercises
 - ❖ Codman's pendulum exercises
 - ❖ Full passive forward elevation as tolerated
 - ❖ External rotation as tolerated
 - ❖ Light isometrics for muscle re-education (avoid internal rotation isometric)
 - ❖ Pulley exercises as tolerated
 - ❖ No extension exercises
 - ❖ Avoid scapular substitution

POSTOP WEEKS 2-6:

- Protection:
and use**
- ❖ SAME
- Modalities:**
- ❖ SAME
- Exercises:**
- ❖ GOALS: Full ROM as tolerated
 - ❖ Add overhead training exercises as tolerated
 - ❖ Supine elevation with a stick, advancing to standing elevation with a stick
 - ❖ Continue pulley
 - ❖ May begin wall stretches to full ROM as tolerated

POSTOP WEEKS 6-12:

Protection: ❖ Discontinue use of sling
and use

Modalities: ❖ SAME

Exercises: ❖ Add isometric exercises for strengthening of rotator cuff and deltoid
❖ Advance to resistive exercises as tolerated
❖ Avoid excessive resistance in internal rotation to protect subcapularis
❖ Advance passive stretching exercises to full passive ROM

POSTOP WEEK 12:

- ❖ Advance resistive exercises
- ❖ Continue stretching

AFTER 12 WEEKS:

- ❖ Add isokinetics