



# TOTAL SHOULDER ARTHROPLASTY REHABILITATION GUIDELINES

Dr. Ed Tingstad

825 SE Bishop Blvd Suite 120 Pullman, WA 99163 (509) 332 2828

## PHASE 1: Weeks 0 – 6

<b>Goals</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> ROM 0-90 degrees</li> <li><input type="checkbox"/> Active quadriceps muscle contraction</li> <li><input type="checkbox"/> Safe and independent ambulation</li> <li><input type="checkbox"/> Control swelling, inflammation, and bleeding</li> </ul>	
<b>Restrictions</b>	<p>NO active internal rotation NO behind the back</p> <p>Week 1</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 120 degrees of forward elevation</li> <li><input type="checkbox"/> 20 degrees of external rotation</li> <li><input type="checkbox"/> 75 degrees of abduction with 0 degrees of rotation</li> </ul> <p>Week 2</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 140 degrees of forward elevation</li> <li><input type="checkbox"/> 40 degrees of external rotation</li> <li><input type="checkbox"/> 75 degrees of abduction with 0 degrees of rotation</li> </ul>	
<b>Immobilization</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sling for 7-10 days</li> </ul>	
<b>Pain Control</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Narcotics for 7-10 days following surgery</li> <li><input type="checkbox"/> NSAIDs for patients with persistent discomfort (Tylenol preferred)</li> </ul>	
<b>Exercises</b>	ROM	<ul style="list-style-type: none"> <li><input type="checkbox"/> 140 degrees of forward elevation</li> <li><input type="checkbox"/> 40 degrees of external rotation</li> <li><input type="checkbox"/> 75 degrees of abduction</li> <li><input type="checkbox"/> Full elbow ROM with pronation and supination as tolerated</li> </ul>
	MUSCLE ACTIVATION	<ul style="list-style-type: none"> <li><input type="checkbox"/> Grip strength only</li> <li><input type="checkbox"/> Pendulum swings</li> <li><input type="checkbox"/> Capsular stretching by using opposite arm to assist</li> </ul>
<b>Criteria for Progression</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Minimal pain and tenderness</li> <li><input type="checkbox"/> Nearly complete motion</li> <li><input type="checkbox"/> Intact subscapularis without evidence of tendon pain on resisted internal rotation</li> </ul>	



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## PHASE 2: Weeks 6 – 12

<b>Goals</b>	<input type="checkbox"/> Increase ROM	
<b>Restrictions</b>	<input type="checkbox"/> 160 degrees of forward elevation <input type="checkbox"/> 60 degrees of external rotation <input type="checkbox"/> 90 degrees of abduction with 40 degrees of rotation	
<b>Pain Control</b>	<input type="checkbox"/> NSAIDs for patients with persistent discomfort (Tylenol preferred)	
<b>Exercises</b>	ROM	<input type="checkbox"/> 160 degrees of forward elevation <input type="checkbox"/> 60 degrees of external rotation <input type="checkbox"/> 90 degrees of abduction <input type="checkbox"/> Focus on passive stretching at end ranges to maintain flexibility <input type="checkbox"/> Utilize joint mobilization techniques for capsular restrictions
	MUSCLE ACTIVATION	<input type="checkbox"/> Rotator cuff strengthening: only three times per week to avoid rotator cuff tendonitis <input type="checkbox"/> Begin with closed chain isometric strengthening <input type="checkbox"/> Continue with closed chain isometric strengthening and progress to open chain with bands <input type="checkbox"/> Exercises performed with the elbow flexed to 90 and the shoulder in neutral position. Progression to the next band occurs usually in 2-3 week intervals. <input type="checkbox"/> Progress to light isotonic dumbbell exercises <input type="checkbox"/> Strengthening of scapular stabilizers: retraction, protraction, depression, shrugs  *For all: internal rotation, external rotation, abduction, and forward elevation
<b>Criteria for Progression</b>	<input type="checkbox"/> Full painless ROM <input type="checkbox"/> Satisfactory physical examination	



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PHASE 3: Months 3 -12		
<b>Goals</b>	<input type="checkbox"/> Improve shoulder strength, power, and endurance <input type="checkbox"/> Improve neuromuscular control and shoulder proprioception <input type="checkbox"/> Prepare for gradual return to functional activities <input type="checkbox"/> Home maintenance exercises program: strengthening 3 x week	
<b>Exercises</b>	ROM	<input type="checkbox"/> Achieve motion equal to contralateral side
	STRENGTHENING	<input type="checkbox"/> Begin internal rotation and extension strengthening <input type="checkbox"/> First closed chain isometric strengthening and advance to theraband and lightweight isotonic strengthening <input type="checkbox"/> Scapular stabilizers <input type="checkbox"/> Deltoid strengthening <input type="checkbox"/> Plyometric exercises
<b>Maximum Improvement and Warning Signs</b>	<input type="checkbox"/> Maximum improvement by 12-18 months <input type="checkbox"/> Warning signs: loss of motion or continued pain	