
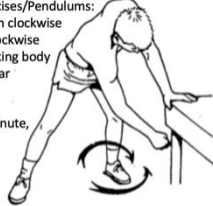



**TOTAL SHOULDER ARTHROPLASTY (ANATOMIC)**  
**PHYSICAL THERAPY PROTOCOL**

Recommend 2-3x/week for 8 weeks  
Please contact office for renewal as needed

Days 0-7	<p><b>Wrist flexion and extension:</b></p>  <p>Gently bend your wrist back and forth.</p> <p><b>Codman's Exercises/Pendulums:</b> Let arm move in clockwise and counter-clockwise motion, by rocking body weight in circular motion. Do this for 1 minute, 3x/day.</p>  <p><b>Elbow flexion and extension:</b></p>  <p>With palm either up or thumb down, gently bend the elbow as far as possible, then straighten out as far as possible</p> <ul style="list-style-type: none"> <li>• 3 home exercises provided above: perform each exercise for 1-2 minutes, 3-4x/day</li> <li>• Patient to remain in sling for 6 weeks AT ALL TIMES (except for personal hygiene)</li> </ul>
Weeks 1-4	<ul style="list-style-type: none"> <li>• <b>True PROM only! The rotator cuff tendon (subscapularis) is healing back to the bone</b></li> <li>• Continue above exercises</li> <li>• ROM goals: Max 90° FF / 0° ER at side / ABD max 60° without rotation</li> <li>• Grip strengthening</li> <li>• Table slides</li> <li>• Heat before PT / Ice after PT</li> <li>• No resisted motions of the shoulder until 12 weeks post-op!</li> </ul>
Weeks 4-6	<ul style="list-style-type: none"> <li>• Begin gentle transition out of the sling – continue to wear sling when out of the house, sleeping at night</li> <li>• Begin AAROM/AROM – avoid active internal rotation or passive external rotation past neutral</li> </ul>
Weeks 6-12	<ul style="list-style-type: none"> <li>• Advance to AROM as tolerated</li> <li>• Light passive stretching at end ranges</li> <li>• Begin scapular exercises, passive resistance exercise for large muscle groups (pecs/lats)</li> <li>• Isometrics with arm at side beginning at 8 weeks</li> </ul>
Months 3-12	<ul style="list-style-type: none"> <li>• Advance to full ROM as tolerated with passive stretching at end ranges</li> <li>• Advance strengthening as tolerated → bands → light weights (1-5 lbs for 8-12 reps / 2-3 sets for rotator cuff, deltoid and scapular stabilizers)</li> <li>• Only do strengthening 3x/week to avoid rotator cuff tendinitis</li> <li>• Begin eccentrically resisted motions, plyometrics, proprioception</li> <li>• Begin sports-related rehab at 4.5 months, including advancing conditioning</li> <li>• Return to throwing at 6 months, throw from pitcher's mound at 9 months</li> <li>• MMI usually 9-12 months</li> </ul>