

## Total Shoulder Arthroplasty

### Phase I (1 – 5 days post-op)

- Modalities: PRN for pain and inflammation (ice, IFC)
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions
- ROM:
  - Shoulder pendulums
  - AROM: forearm, wrist, and hand
- Exercises:
  - Periscapular strengthening and scapular stabilization
  - Grip strengthening

### Phase II (5 days – 4 weeks post-op)

- Wound care: Monitor site/scar management techniques
- Modalities: PRN for pain and inflammation (ice, IFC)
- Sling: Ultrasling worn continuously except in therapy or during exercise sessions
- ROM - Maximums:
  - Abduction 75 degrees
  - Flexion 120 degrees
  - ER 40 degrees (NO PROM)
  - NO ACTIVE IR
  - NO ACTIVE EXTENSION
- AROM forearm, wrist, and hand
- Strengthening:
  - Continue periscapular strengthening and grip strengthening including prone scap retractions and low row
- Starting at 10 days post-op, begin isometrics for abd/E

### Phase III (4 weeks – 10 weeks post-op)

- Modalities: PRN for pain and inflammation (ice, IFC)
- Sling:
  - At 4 weeks, begin weaning out of Ultrasling in controlled environments and remove abd pillow
  - Until 6 weeks, continue to wear sling outdoors or in public settings
- ROM:
  - PROM & stretching:
    - At 4 weeks post-op, PROM stretching into flexion and scaption as tolerated (120+ degrees)
    - At 4 weeks AAROM for flexion and scaption
    - NO PASSIVE ER
    - Until 6 weeks, NO ACTIVE IR
    - Until 6 weeks, NO ACTIVE EXTENSION
  - At 8 weeks: IR behind back, SL horizontal abduction, tricep, lat, sleeper stretches

Dr. Scott Trenhaile, MD  
Michael D. Gilbertson, PAC  
Tori Homb, APN

**SCOTT W. TRENHAILE, M.D.**  
Clinical Assistant Professor / Orthopedic Surgeon

Phone: 815-398-9491  
info@scotttrenhailemd.com  
324 Roxbury Road | Rockford, Illinois 61107  
www.scotttrenhailemd.com



### Phase III (continued)

- AAROM/AROM:
  - By 6 weeks, progress ER to 60 degrees
  - At 6 weeks, begin ACTIVE IR and Extension
  - By 10 weeks, achieve 140-150 degrees of active flexion and scaption
- Strengthening:
  - At 6 weeks, begin Isometrics for flexion and IR, serratus punches, bicep curls, tricep extension
  - At 8 weeks, begin PREs for flexion, scaption, and ER
  - At 8 weeks D1/D2, quadruped alt isometrics, wall ball stability

### Phase IV (10+ weeks post-op)

- ROM Goals - Unrestricted
  - ER: 60 deg
  - IR in scaption: 70 deg
  - Flex/scap: 140-150 deg
- Mobilizations: GH joint mobilizations
- Strengthening:
  - Progress RTC/periscapular strengthening to return to ADLs or work activity (push up plus, Band IR/ER @ 90 deg abd)

*Adapted From:*

1. Wilk KE, Reinold MM, Andrews, JR. *Total Shoulder Replacement Post-Operative Rehabilitation Program*. Winchester MA; Advanced Continuing Education Institute, 2019.
2. *The Brigham and Women's Hospital Inc. Dept. of Rehabilitation Services*, 2016.