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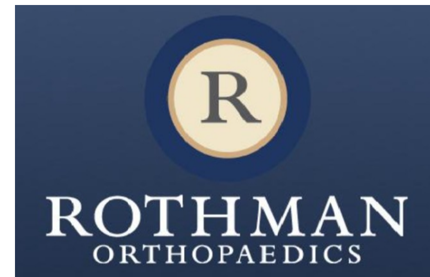

TOTAL SHOULDER AND HEMIARTHROPLASTY PHYSICAL THERAPY PROTOCOL

Name____ Date_____________

Diagnosis s/p RIGHT/LEFT Total Shoulder Arthroplasty Hemiarthroplasty

Date of Surgery_________________________

Frequency: _________times/week Duration: _______ Weeks

Week 0-1: Patient to do Home Exercises give post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)

______Weeks 1-6:
Sling for 6 weeks
PROM→AAROM→AROM as tolerated, except . . .
No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grown back into the humerus and regenerate a blood and nerve supply.
ROM goals: Week 1: 90° FF/20° ER at side; ABD max 75° without rotation
ROM goals: Week 2: 120° FF/40° ER at side; ABD max 75° without rotation
No resisted internal rotation/backward extension until 12 weeks post-op
Grip strengthening OK Canes/pulleys OK if advancing from PROM

______Weeks 6-12:
Begin AAROM→AROM for internal rotation and backwards extension as tolerated, if not already begun.
Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only
No resisted internal rotation/backwards extension until 12 weeks post-op
No scapular retractions with bands yet

______Months 3-12:
Begin resisted IR/BE (isometrics/bands): isometrics→light bands→weights
Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers
Increase ROM to full with passive stretching at end ranges
Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks

____Functional Capacity Evaluation ____Work Hardening/Work Conditioning ____ Teach HEP

Modalities
___Electric Stimulation ___Ultrasound ___ Iontophoresis ___Phonophoresis ___TENS ____ Heat before ___Ice after ___Trigger points massage ____ Therapist's discretion

Signature____ Date__________________