



## Total Shoulder Arthroplasty Rehabilitation Program

Clayton W. Nuelle, MD

**Diagnosis:** Right / Left Total shoulder replacement \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

### Week 0-1

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

### Weeks 1-6 (Phase I):

- Sling for 4-6 weeks (may slowly come out of sling at the discretion of physical therapist)
- 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 heal and regenerate its normal blood 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
- Heat before PT, ice after PT

### Weeks 6-12 (Phase II):

- 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 (Phase III):

- 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.

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