

PHYSICAL THERAPY PROTOCOL: Total Shoulder and Hemiarthroplasty

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Week 0-1: Patient will do home exercises given in post-op (pendulums, elbow and wrist ROM, etc.)

Phase 1 → 1-6 Weeks Post-OpSling:

- Weeks 0-4: Worn at all times day and night, off for exercises only
- Weeks 4-6: Worn daytime only

Range of Motion:

- PROM → AAROM → AROM as tolerated EXCEPT:
 - o 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
 - o **No resisted internal rotation/backward extension until 12 weeks**
- ROM Goals:
 - o Week 1: 90 degrees Forward flexion; 20 degrees ER at side; ABD 75 degrees max without rotation
 - o Week 2: 120 degrees FF; 40 degrees ER at side; ABD 75 degrees max without rotation
- Grip strengthening OK
- Canes/pulleys OK if advancing from PROM

Heat before PT, ice after PT sessions

Phase 2 → 6-12 Weeks Post-Op

-D/C sling

Range of Motion:

- Begin AAROM → AROM for internal rotation and backwards extension as tolerated, if not begun already
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges

Exercises:

- **No resisted internal rotation/backwards extension until 12 weeks post-op**
- Begin light resisted ER/FF/ABD → isometrics and bands, concentric motions only
- No scapular retractions with bands yet

Phase 3 → 3-12 Months Post-Op

- Increase ROM to full with passive stretching at end ranges
- 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
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks