

Total Shoulder Arthroplasty/ Hemiarthroplasty

- Ultra sling (abduction pillow optional) x 4 weeks

PHASE I (Passive)

- Week 1-4:
- Pendulums to warm up
- Passive ROM
- Isometric deltoid exercises
- Supine external rotation- 0 degrees
- Supine forward elevation- 90°
- No internal rotation

PHASE II (Active)

- Week 5-6:
- Internal rotation to belt line- gradually increase to full
- Full elevation and gradually increase ER
- Active ROM with passive stretch to prescribed limits
- Supine seated external rotation- gradually increase to full
- Supine forward elevation- full- progress to seated
- Internal rotation- gradually increase to full

This information is provided as a clinical resource. Clinicians should always seek physician approval and guidance for specific care protocols and precautions

PHASE III (Resisted)

- Week 7-10:
- Pendulums to warm up and continue with Phase II
- Scapular mobilization
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Biceps curls
- Bear hugs

Weight training

- Week 12:
- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- No military press, pull down behind head, or wide grip bench

Suggested therapy interventions/ activities

1) Modalities for pain control, edema reduction

- Moist heat
- TENS

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- Interferential
- FES
- Ice

2) Therapeutic exercise

- Passive, active-assisted, active shoulder/ upper extremity range of motion
- Shoulder girdle isometrics
- Contract/ relax exercises
- Joint mobilization to the shoulder girdle
- Closed kinetic chain activities
- PNF (UE patterns) with and without manual resistance
- Shoulder pulley
- Codman's/ pendulum exercise
- Aquatic therapy
- Activities of daily living training
- Reverse Codman's

3) Endurance

- UB ergometer
- Upper and/ or lower extremity restorator
- Treadmill
- Ambulation activities

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- Stationary bike

- Aquatic therapy

4) Proprioception training

- Closed chain exercises/ activities when UE weight bearing is allowed

- Ball activities

- UE weight shifting activities when UE weight bearing is allowed

5) Functional training

- Basic and intermediate ADL

- Reaching

- Lifting

- Carrying

- Pushing

- Return to work tasks

- Sport tasks

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This Total Shoulder Arthroplasty Protocol was peer reviewed and approved by the 2012 HTS orthopedic committee.

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