



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Total Shoulder Arthroplasty and Hemiarthroplasty

Phase I (Protection phase): Weeks 0-6

Precautions

- NO pushing yourself from chair or bed with the operative arm
- NO picking up heavy objects or reaching out for objects
- NO Internal Rotation behind the back (reaching for the back pocket or for tucking in the shirt)
- NO Resistive Internal Rotation, NO stretching in Abduction and rotation
- NO body blade, weights or upper body ergometer
- NO shoulder extension beyond neutral. "Need to see the elbow at all times"

Immobilization

- Sling for 6 weeks. Patient can come out of the sling for therapy, changing clothes and exercise
- OK to wear the sling in public and crowded places after 6 weeks till you are comfortable

ROM exercises

- Shoulder: No active IR or shoulder extension (arm behind neutral) during Phase I
- No resisted internal rotation during Phase I
- PROM goals: 120° FF, 30° ER at side and ABD max 75° without rotation
- Hand and wrist exercises (active)
- Elbow: Limit AROM because of soft tissue biceps tenodesis
- Closed chain scapular exercises (scapular elevation, depression, protraction and retraction)
- Canes/pulleys OK if advancing from PROM during later phase

Phase II (Active range of motion phase): Weeks 7-12

Precautions

- NO pushing yourself from chair or bed with the operative arm



- NO Internal Rotation behind the back (reaching for the back pocket or for tucking in the shirt)
- NO shoulder extension beyond neutral. "Need to see the elbow at all times"

Immobilization

- Discontinue sling at 6 weeks. OK for the patient to wear the sling without pillow in public or crowded places till they get comfortable with the arm.

Exercises

- Begin AAROM and AROM for FF, ER and internal rotation and increase ROM as tolerated with gentle passive stretching at end ranges
- No resisted internal rotation during Phase II
- Isometrics for ER, FF and deltoid followed by light bands resistive exercises during late part of phase II (10 weeks or so)
- Scapular strengthening with isometrics

Phase III (Strengthening phase): After 3 months

Precautions

- NO upper body ergometer or body blade
- NO heavy lifting

Exercises

- ROM: Active range of motion in all planes with end range stretching
- Rotator cuff strengthening: start with isometrics and advance to use therabands and light weights
- Advance strengthening for rotator cuff, deltoid, and scapular stabilizers after 4th month
- Begin eccentric motion exercises at 12 weeks

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS, Trigger point massage

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:
www.lucasmysonmd.com

