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Total Shoulder Arthroplasty Rehabilitation Protocol

POD #1 - #2

- Hospital stay. Pain control. Shoulder sling and swathe full time.
- Hand, wrist, elbow active ROM 4 times daily.
- Initiate Codman Program

POD #3- #10

- Initiate passive and active assistive elevation in plane of scapula as tolerated.
- GOAL: 0-60°
- External rotation within limits defined by surgeon.
- No active internal rotation.
- Isometrics all planes except internal rotation.
- Full time sling and swathe use otherwise.
- Codman program 2 times per day.
- Hand, wrist, elbow active ROM 3-4 times daily.

Week 2-4

- Increase elevation as tolerated. Goal 90-100°
- Initiate external rotator strengthening within limits set by surgeon.
- No active internal rotation.
- Continue isometrics in all planes except internal rotation.
- Full time sling use during the day. Sling and swathe use at night.
- Codman program 2 times per day.
- Hand, wrist, elbow active ROM 3-4 times daily.

Week 4-6

- Increase elevation as tolerated to limit of 120°.
- Discontinue sling and swathe with MD ok.
- Continue above restrictions.
- Initiate pulley and cane use.

Week 6-8

- Increase elevation as tolerated.
- Increase ER, IR, FLEX, EXT, Circumduction as tolerated.

- All ranges above may be performed actively.
- Progressive terminal stretched in all planes.
- PRE all planes.

Week 8-12

- Continue supervised strengthening ROM program twice weekly.
- GOAL 140-160° as per MD instruction.
- Instruction for daily home program with terminal stretches.

Week 12-24

- Advance to home program with exercises, stretches, and conditioning daily.

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