



Total Shoulder Arthroplasty Rehabilitation Protocol

POD #0 - #1

- Discharge home on day of surgery or POD #1 with pain controlled. Shoulder sling and swathe full time.
- Hand, wrist, elbow active ROM 4 times daily.
- Initiate Codman Program

POD #2- #14

- 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.
- Once comfortable OK to remove sling for use in front of you (desk work, computer, feeding, makeup, resting) Use sling and swathe when ambulating and sleeping.
- 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°
- Limit external rotator to 0°.
- No active internal rotation.
- Isometrics in all planes except internal rotation.
- Continue to wean from sling in safe situations.
- 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, may use sling during the day for fatigues, use sling and swathe while sleeping.
- Continue above restrictions.
- Initiate pulley and cane use.

Week 6-8

- Discontinue sling and swathe
- Increase elevation as tolerated.

- Increase ER, IR, FLEX, EXT, and 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.

Updated 3/2019