

ANATOMIC TOTAL SHOULDER REPLACEMENT

Post-Operative Physical Therapy Protocol



SCAN FOR THE
ONLINE VERSION



Stanford
MEDICINE

Dear Colleague,

I appreciate your partnership in the rehabilitation of this very special patient of ours. I have instructed the patient that you will be using this protocol. My belief is that the biggest predictor of success is what the patient does at home and consistently. **They should view you not just as a therapist but as a highly educated and skilled teacher** and the patient *must* be an active participant in the rehab process.

To facilitate this, I have included a copy of the rehab protocols I would like the patient to focus on at each time point in the rehab process. Please assist me by encouraging and teaching our mutual patient their home exercises as well.

With your help and the active participation of our patient, I know we can have another fantastic shoulder.

Please do not hesitate to reach out directly to me and my team with any questions at any time.

Respectfully,



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	WEEKS 1-6: PROM ONLY	WEEKS 6-12: AAROM → AROM	MONTHS 3-12
Forward flexion	PROM <i>Max 90°</i>	AAROM → AROM <i>Increase as tolerated</i>	Full ROM <i>As tolerated</i>
External rotation at side	PROM <i>Max 0°</i>	AAROM → AROM <i>Increase as tolerated</i>	Full ROM <i>As tolerated</i>
Abduction	PROM <i>Max 60°, without rotation</i>	AAROM → AROM <i>Increase as tolerated</i>	Full ROM <i>As tolerated</i>

SUMMARY

Sling	6 weeks at all times, except for personal grooming.
Canes and pulleys	After 6 weeks.
Resisted strengthening	No resisted shoulder motion until 12 weeks. Isometrics with the arm at the side from 8 weeks.
Return to activities	Computer 4 weeks. Swimming from about 3 months, once strength has recovered. Golf: chipping and putting at 4 months, full swing at 6 months. Tennis at 6 months.
Return to sport	Sport-related rehabilitation from 4½ months. Sport-level return is cleared individually by Dr. Tummala.

As tolerated means pain during exercise no more than 2/10 above baseline. Avoid pushing into pain.

DAYS 0-7

- Home exercises given after surgery: pendulums, ROM of the elbow, wrist, and hand, and grip strengthening.
- Sling at all times for 6 weeks, except for personal grooming.

WEEKS 1–6

- **True PROM only!** The rotator cuff tendon (subscapularis) is healing back to the bone.
- ROM goals: forward flexion maximum 90°, external rotation 0° at the side, abduction maximum 60° without rotation.
- Grip strengthening. Table slides.
- Heat before PT, ice after PT.
- **No resisted motions of the shoulder until 12 weeks!**
- No canes or pulleys until 6 weeks, because these are active-assisted exercises.

WEEKS 6–12

- Begin AAROM. Advance to AROM as tolerated.
- ROM goals as above, increasing as tolerated.
- Light passive stretching at end ranges.
- Begin scapular exercises and passive resistance exercise for large muscle groups (pectorals, latissimus).
- Isometrics with the arm at the side beginning at 8 weeks.

MONTHS 3–12

- Advance to full ROM as tolerated with passive stretching at end ranges.
- Advance strengthening as tolerated: isometrics, then bands, then light weights (1 to 5 lb).
- 2 to 3 sets of 8 to 12 for the rotator cuff, deltoid, and scapular stabilizers.
- Strengthen only 3 times a week to avoid rotator cuff tendinitis.
- Begin eccentrically resisted motions, plyometrics (weighted ball toss), and proprioception (body blade).
- Begin sport-related rehabilitation at 4½ months, including advancing conditioning.
- Return to sport-level activity is cleared individually by Dr. Tummala.
- Maximum medical improvement is usually reached at 9 to 12 months.

RETURN

- Computer at 4 weeks. Swimming from about 3 months, once strength has recovered.
- Golf: chipping and putting at 4 months, full swing at 6 months. Tennis at 6 months.
- Be mindful of bench press, military press, pull-downs behind the head, impact loading, and contact sports.

WEEK-BY-WEEK PROGRESSION

EXERCISE	1	2	3	4 (1 mo)	5	6	7	8 (2 mo)	9	10	12 (3 mo)	16	20	24 (6 mo)
Initial Exercises														
Active ROM: elbow, wrist, and hand														
Pendulums														
Grip strengthening														
True passive ROM only														
Table slides														
Maintain sling														
Advanced Exercises														
Canes and pulleys														
Begin assisted active ROM, advance to active ROM														
Light passive stretching at end ranges														
Scapular exercises														
Isometrics with the arm at the side														
Resisted strengthening: bands, then light weights														
Eccentrics, plyometrics, proprioception														
Sport-related rehabilitation														
Return to Activities														
Computer														
Swimming														
Golf: chipping and putting														
Golf: full swing at 6 months														
Tennis at 6 months														
Return to sport cleared individually by Dr. Tummala														

Weeks 1 to 6 are true passive range of motion only, with external rotation at 0°. Resisted shoulder exercise does not begin until week 12.

This protocol is a general guideline and does not replace the clinical judgment of the treating therapist and surgeon. Please contact our office with any questions.