



**TOTAL SHOULDER ARTHROPLASTY REHABILITATION  
GUIDELINES**

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<b>Post-Op (0-4 weeks)</b>	
OSMS Appointments	<ul style="list-style-type: none"> <li>• Medical appointment at 2 weeks, with films</li> <li>• Physical therapy will begin as directed by your physician and as indicated on your physical therapy order</li> </ul>
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Pain control and one-handed ADLs</li> <li>• Gentle ROM</li> <li>• Donning and doffing the sling</li> <li>• Protect the surgical reconstruction</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• Strict sling use (only off for therapy) for 6 weeks</li> <li>• Recommend use of small pillow or towel behind the elbow when supine to avoid hyperextension</li> <li>• NWB on surgical side (no pushing up from chair)</li> <li>• Avoid active adduction, IR, shoulder extension</li> <li>• ER limited to neutral in scapular plane</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>• Transfer and gait training with NWB on surgical side</li> <li>• Hand/wrist/elbow ROM exercises</li> <li>• Codman's or pendulum exercises TID</li> <li>• Scapular clocks</li> <li>• Scapulothoracic mobilizations</li> <li>• After 4 weeks, initiate AAROM with T-bar/pulleys</li> <li>• Deltoid submaximal isometrics in neutral</li> <li>• Grade I-II shoulder joint mobilizations</li> </ul>
Cardiovascular Exercises	<ul style="list-style-type: none"> <li>• Walking (with sling on)</li> </ul>
Progression Criteria	After 6 weeks, with pain-free PROM

<b>PHASE II: after Phase I criteria met, usually 4-8 weeks</b>	
OSMS Appointments	<ul style="list-style-type: none"> <li>• Medical appointment at 6 and 12 weeks with films</li> <li>• Physical therapy continues twice weekly</li> </ul>
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Sling strict for 6 weeks</li> <li>• Minimize pain</li> <li>• Optimize shoulder strength</li> </ul>
ROM Exercises	<ul style="list-style-type: none"> <li>• Target to achieve FROM by 8 weeks</li> <li>• No active IR until 6 weeks post-op</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>• Progress PROM</li> <li>• Initiate PROM of IR to tolerance (do not exceed 50 degrees) in scapular plane</li> <li>• Isometrics with progression to TheraBands</li> <li>• Light bent over rows</li> <li>• Light serratus punches</li> <li>• Light side-lying ER</li> <li>• At 6 weeks, progress ER stretching under tension is allowed (no stretching into pain) and IR on light pulleys</li> </ul>



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Cardiovascular Exercises	<ul style="list-style-type: none"> <li>• Walking, Stairmaster, or stationary bicycle</li> </ul>
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<b>PHASE III: after Phase II criteria met, usually 8-24 weeks</b>	
Rehabilitation Goals	<ul style="list-style-type: none"> <li>• Progress functional strength and endurance</li> </ul>
Precautions	<ul style="list-style-type: none"> <li>• No heavy lifting until after 12 weeks (5lbs max)</li> <li>• No sudden lifting or pushing activities</li> </ul>
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> <li>• Add PREs, no restrictions</li> <li>• Side-lying ER or light band ER for RTC strengthening</li> <li>• Initiate IR strengthening (isometrics progressing to isotonic)</li> <li>• Begin gentle extension beyond neutral and IR up the back</li> <li>• Begin functional progression for sports and activity-related tasks</li> </ul>