



# INOVA<sup>®</sup>

## Sports Medicine

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### Physical Therapy Protocol Following Total/Reverse Total Shoulder Arthroplasty

**Shoulder Immobilizer:** 4 weeks full time (sleep included)

#### Post-Op Week 0-6:

Goals:

1. Minimize swelling and pain
  2. Achieve staged ROM goals (avoid aggressive PROM)
  3. Protect shoulder
  4. No active shoulder ROM, lifting, supporting body weight or lifting weights with hands
- \*\*No extension/adduction/internal rotation x 6 weeks for reverse total shoulders\*\***

Exercises Days 1-14:

1. Gentle pendulum exercises
2. Finger, hand, wrist and elbow AROM (no weight)  
**\*\*Elbow PROM only if biceps tenodesis is performed\*\***
3. Begin seated scapular isometrics and cervical ROM
4. Begin PROM flexion (0-90<sup>0</sup>), ER (0-20<sup>0</sup>), abduction (0-75<sup>0</sup>)  
**\*\*PROM in scapular plane\*\***  
**\*\*\*No resisted internal rotation/backward extension until 12 weeks post-op\*\*\***  
**\*\*\*No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grow back into the humerus and regenerate a blood and nerve supply\*\*\***  
**\*\*No extension/adduction/internal rotation x 6 weeks for reverse total shoulders\*\***

Exercises Weeks 2-3:

1. Continue PROM progression – Flexion (0-120<sup>0</sup>), ER (0-40<sup>0</sup>), abduction (0-75<sup>0</sup>)  
**\*\*No internal rotation or extension PROM\*\***
2. Begin resisted finger, hand, wrist and elbow AROM  
**\*\*Elbow AAROM only if biceps tenodesis is performed\*\***
3. Resume general conditioning (walking, stationary bike)  
**\*\*No treadmill walking or elliptical\*\***
4. Begin manual scapular strengthening exercises  
**\*\*\*No resisted internal rotation/backward extension until 12 weeks post-op\*\*\***  
**\*\*\*No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grow back into the humerus and regenerate a blood and nerve supply\*\*\***  
**\*\*No extension/adduction/internal rotation x 6 weeks for reverse total shoulders\*\***

#### Exercises Weeks 4-6:

1. Continue PROM progression - Flexion (0-125<sup>0</sup>) and ER at 20<sup>0</sup> abduction (0-40<sup>0</sup>)  
\*\*\*No resisted internal rotation/backward extension until 12 weeks post-op\*\*\*  
\*\*\*No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grow back into the humerus and regenerate a blood and nerve supply\*\*\*
2. Begin joint mobilizations (Grades 1 & 2) for GH joint as tolerated.
3. Progress scapular isometrics as tolerated (sidelying retractions)  
\*\*For biceps tenodesis-delay elbow flexion strengthening for 6 weeks\*\*  
**\*\*No extension/adduction/internal rotation x 6 weeks for reverse total shoulders\*\***

#### Restrictions for out of sling:

1. No lifting anything heavier than coffee cup for ADL's
2. No ROM beyond staged goals or excessive behind the back movements
3. No supporting body weight with hands or arms
4. No sudden jerk motions
5. No long lever rotator cuff strengthening exercises that can stress repair
6. No empty can exercises at ANY stage of rehab

#### Criteria before Phase 2: Staged ROM goals achieved, minimal to no pain

#### Post-Op Weeks 6-8:

##### Goals:

1. Begin AAROM and progress to AROM per patient tolerance
2. Avoid scapular substitution
3. Achieve passive FROM by 8 weeks

##### Exercises:

1. UE bike with light resistance
2. Begin closed chain UE activities
3. Towel wipes – horizontal, diagonal and vertical  
\*\*\*No resisted internal rotation/backward extension until 12 weeks post-op\*\*\*

#### Post-Op Weeks 8-12:

##### Goals:

1. Restore full AROM
2. No scapular or trapezius substitution

##### Exercises:

1. Begin light strengthening (< 5 lbs) in all planes (T, I, Y)
2. Begin rhythmic stabilization exercises (supine)
3. Light theraband exercises
4. Side lying ER and IR exercises (with towel under elbow as needed)  
\*\*\*No resisted internal rotation/backward extension until 12 weeks post-op\*\*\*

#### Criteria before Phase 3: Full AROM without pain, strengthening exercises with minimal pain

### **Post-Op Months 3-6:**

Goals:

1. Continue with strengthening progression
2. 5/5 rotator cuff strength

Exercises:

1. Progress theraband exercises
2. Progress strengthening program with weights
3. Functional eccentric strengthening – scaption, bent over rows, diagonal patterns