

Dr. Stephanie Muh Protocol			
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Total Shoulder Arthroplasty			
Sling Use	<ul style="list-style-type: none"> • Sling for 4 weeks, then comfort only (completely sling free by 6 weeks). May come out of sling at home for shower, changing clothes, physical therapy, eating, etc. • Must wear sling in public and at night sleeping • May do activities with elbow at waist “read your paper, drink your coffee” • While supine, small towel behind elbow to prevent shoulder hyperextension • NO LIFTING objects heavier than coffee cup • NO PUSHING self out of chair. No Shoulder extension. 		
POD 1 (in hospital)	<ul style="list-style-type: none"> • Passive forward flexion in supine to tolerance • Gentle passive ER in scapular plane to 15 degrees or tolerated. • Passive IR to abdomen • Daily active FROM elbow, wrist, hand • Pendulums • Frequent cryotherapy for pain, swelling, inflammation • Patient education regarding proper positioning & Joint protection, sling use • No lifting beyond coffee cup • No pushing out of bed or sitting position with operative arm or supporting weight on operative side or motion behind back 		
POD 2-10	<ul style="list-style-type: none"> • Daily active FROM elbow, wrist, hand • Pendulums if tolerated 		
Phase I: (Passive)	Weeks 1-2	<ul style="list-style-type: none"> • Pendulums to warm-up • “read your paper, drink your coffee” • Gradual passive ROM • NO driving until off all narcotics • NO soaking until wound healed (2 weeks) • NO sudden movements • Begin sub-maximal, pain-free shoulder isometrics in neutral • Begin scapula musculature isometrics • Pulleys (flexion and abduction) – as long as greater than 90 degrees PROM • Gradually progress to AAROM 	<p>Goals</p> <ul style="list-style-type: none"> • Allow soft tissue to heal • Maintain integrity of joint • Decrease pain and inflammation <p>Criteria for progression to the next phase</p> <ul style="list-style-type: none"> • Tolerate PROM • At least 90 degrees PROM FF • At least 90 degrees PROM Abduction • At least 45 degrees PROM ER in plane of scapula (or Dr order’s) • At least 50 degrees PROM IR in plane of scapula • Able to isometrically activate all shoulder, RC, and upper back muscles
Phase II: (active/assistive)	Week 3-6	<ul style="list-style-type: none"> • Pendulums to warm-up • Active assistive ROM with passive stretch to prescribed limits 	<p>Goals</p> <ul style="list-style-type: none"> • Sling completely weaned off • Gradually restore full Passive ROM • Gradually restore Active motion

		<ul style="list-style-type: none"> • Passive stretch to FULL ROM (push to FULL ROM with hold and relax technique) • Scapular mobilization/strengthening • Supine-seated FF, ER, IR – gradually increase to full • Isometrics for Rotator cuff and periscapular muscles • Begin assisted horizontal adduction • No lifting, pushing, pulling greater than cup of coffee 	<ul style="list-style-type: none"> • Re-establish dynamic shoulder stability <p>Criteria for progression</p> <ul style="list-style-type: none"> • Tolerate P/AAROM, isometric program • At least 140 PROM FF, 120 PROM Abd, 60+ PROM ER, PROM IR in plane of scapula 50 • Able to elevate shoulder against gravity 100 degrees with good mechanics
Phase III: (resisted)	Week 7-12	<ul style="list-style-type: none"> • Pendulums to warm-up & phase 2 exercises • Continue with phase II until Full ROM in FF, ER, IR, Abd • Standing forward punch • Rows • Bicep curls • Periscapular strengthening • No heavy lifting, pushing, pulling (nothing greater than 5 lbs) • Week 10-12: may slowly initiate theraband for FF, Abd, ER • Gradual progression IR behind back from AAROM to AROM (pay particular attention to avoid stress on anterior capsule) 	<p>Goals</p> <ul style="list-style-type: none"> • Gradual restoration strength, power, endurance • Optimize neuromuscular control • Gradual return to functional activities <p>Criteria for progression</p> <ul style="list-style-type: none"> • Tolerates AA/AROM • Achieved AROM FF 140 supine • Achieved AROM Abd 120 supine • Achieved AROM ER 60+ in plan of scapula supine • Achieved AROM IR 70 in plane of scapula supine • Able to actively elevate shoulder against gravity with good mechanics to 120
Phase IV (strengthening)	12 wks & beyond	<ul style="list-style-type: none"> • Home exercises • Gradual progression in strengthening program 	<p>Goals</p> <ul style="list-style-type: none"> • Maintain full non-painful AROM • Maximize use of UE • Maximize strength, power, endurance
4-6 months	Return to recreational hobbies (golf, tennis, gardening, etc)		