

Dr. Myeroff's Anatomic Total Shoulder Arthroplasty Rehabilitation Protocol:

- Phase I (usually 0-6 weeks post-operatively)
 - Precautions
 - Protect your subscapularis rotator cuff repair
 - Avoid external rotation >20°
 - (rotating your forearm out to the side)
 - No lifting more than the weight of a coffee cup or cell phone
 - No active shoulder motion (lifting it on its own power)
 - Treat the shoulder like a wet noodle
 - Safe self-care and sling use
 - Goals:
 - Pain control
 - Understand and abide by restrictions
 - No AROM
 - Avoid reaching, grabbing, pushing, pulling with the shoulder.
 - Sling full time except for showers and therapy for 6 weeks.
 - Swelling control
 - To combat this, I recommend:
 - Compressive stockings
 - Routine elbow/wrist/finger motion (see handout) three times per day
 - Begin safe shoulder passive motion
 - Three times per day home exercise routine
 - **15 second holds, three reps each motion, three times per day**
 - Passive shoulder range of motion (PROM)
 - This can be done BY your therapist, your opposite arm, pulleys or towel rods.
 - Forward elevation
 - Supine Gravity Eliminated Forward Elevation 0-140:
 - Reaching overhead using a rod in the other hand
 - Tables slides
 - Doorway pulleys
 - External rotation 0-20 (subscapularis protection):

- Supine external rotation with a rod
 - With your elbow tucked at the side.
 - Posture
 - Periscapular (rhomboid) isometrics
 - Phase II (Usually weeks 6-12 post-operatively)
 - Goal:
 - Add active assist range of motion (AAROM) to the home exercise program as your pain allows.
 - Active assist: You will start using the shoulder muscles with the assistance of something else (pulleys, towel rod, your other arm)
 - Active motion: Lifting the arm on your own power
 - Wean out of the sling
 - Should continue to wear in dangerous situations only (6 more weeks)
 - PT: Advance to unrestricted, AAROM, PROM
 - 4 quadrant stretches
 - Wall climbs, table slides, pulleys
 - No strengthening
 - Phase III (Once range of motion is complete)
 - Goal: Strengthening, return to work / sport.
 - Continue range of motion exercises for 1-year total
 - Rotator cuff, periscapular muscles and core strengthening will begin.
 - PT
 - Initiate AROM
 - Once ROM is full, begin periscapular and cuff strengthening
 - Progress to full ADLs
 - No formal restrictions at this point
 - Long term restrictions:
 - Avoid repetitive heavy lifting
 - No bench press, military press, pushups
 - Goal: limit the miles you put on your shoulder