

**Dr. Brad Bushnell**  
**Harbin Clinic Orthopaedic Surgery and Sports Medicine**  
**Physical Therapy**  
**Total Shoulder Arthroplasty**  
**Post Operative Protocol**

**Phase I – Maximum Protection (Week 0 to 6):**

**Week 0 to 6:**

- Sling x 6 weeks
- Ice and modalities to reduce pain and inflammation

**Exercises**

- Begin active wrist and elbow range of motion
- Begin active shoulder retraction
- Begin passive range of motion (Gradual Progression) x 6 weeks
  - Flexion: 0-90 (0-2 weeks)  
0-120 (2-4 weeks)  
Gradual progression to full flexion after week 4
  - External rotation: 0 degrees at 0 degrees abduction (0-2 weeks)  
15 degrees at 0 degrees abduction (2-4 weeks)  
30 degrees at 0 degrees abduction (4-6 weeks)  
gradual return to full external rotation after week 6.
- Shoulder pulleys – flexion per motion restriction; abduction after week 4 to 90 degrees

**Phase II – Progressive Stretching and Active Motion (Weeks 6 to 8):**

**Weeks 6 to 8:**

- Maintain program as outlined in phase I
- Continue with gradual return of motion all planes
- Begin active range of motion

**Exercises**

- Wand flexion and abduction
- Scapular strengthening
- Biceps and triceps strengthening
- Proprioception drills emphasizing neuromuscular control

**Phase III – Strengthening Phase (Weeks 8 to 12)**

**Weeks 8 to 10:**

- Modalities as needed

**Exercises**

- Resisted rotator cuff and scapular stabilization program; isometrics progressing to TB and -weights as tolerated
- Proprioception and neuromuscular control drills
- Manual resistance and PNF patterns

**Phase IV – Advanced Strengthening and Plyometric Drills (Week 12 to 16):**

**Weeks 12 to 16:**

- Continue with end range stretching
- Continue with rotator cuff strengthening as outlined in weeks 8 to 12
- Begin gym strengthening 3 to 4 times per week
  - Seated rows, front lat. pulls, biceps and triceps

**Weeks 16 to 24:**

- Continue with gym strengthening program adding
  - Light dumbbell chest press, dumbbell chest flys - avoid crossing midline of the body.
- Initiate closed kinetic chain strengthening in protected range
  - Push-ups progression
- Initiate plyometric ball drills
  - Plyometric ball wall drills

Two arm rebounder drills progressing to one arm  
**Weeks 20 to 24:**  
Return to full activity as approved by physician