

TOTAL SHOULDER AND HEMIARTHROPLASTY

Physical Therapy Protocol

POST-OP: WEEKS 0-1

- Home exercises: pendulums, elbow ROM, wrist ROM, grip strengthening

POST-OP: WEEKS 2-6

- Sling for six weeks PROM > AAROM > AROM as tolerated
- 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 blood and nerve supply.
- ROM goals:
 - Week 1: 90° FF/20° ER at side; ABD max 75° without rotation
 - Week 2: 120° FF/40° ER at side; ABD max 75° without rotation
- No resisted internal rotation/backward extension until 12 weeks post-op
- Grip strengthening is OK
- Canes/pulleys OK if advancing from PROM
- Heat before PT, ice after PT

POST-OP: WEEKS 6-12

Goals: increase ROM as tolerated with gentle passive stretching at end ranges

- AAROM > AROM for internal rotation and backwards extension as tolerated, if not already begun.
- Light resisted ER/FF/ABD: isometrics and bands, concentric motions only
- No resisted internal rotation/backwards extension until 12 weeks post-op
- No scapular retractions with bands yet

POST-OP: MONTHS 3-12

- Resisted IR/BE (isometrics/bands): isometrics > light bands > weights
- Advance strengthening as tolerated; 10 reps/one set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- At 12 weeks, eccentric motions, plyometrics, and closed chain exercises