



## **Anatomic Total Shoulder Arthroplasty Rehabilitation Protocol**

### **Prescription**

- PT/OT 2 times per week x 12 weeks, starting post op week 3
- Ordering physician – Erick Marigi, MD (NPI: 1801393509)

### **Post op Week 0 – 3:**

- Emphasize pain and swelling control
- FULL AROM/AAROM/PROM of elbow/wrist/hand
- PATIENT IS TO HAVE NO THERAPY TO SHOULDER DURING THIS TIME.

### **Post op Week 3 – 6: PHASE 1 Protocol**

- Emphasize pain and swelling control
- Therapist to instruct patient in pendulum / Codman exercises
- **PROM ONLY of shoulder with forward flexion to 90° with neutral rotation and ER to 0°.**
- Full hand/wrist/elbow AROM/AAROM/PROM.
- Teach HEP (2x per day)

### **Post op Week 6 – 12: Phase 2 protocol**

- Gradually wean out of the sling as comfort allows
- **No driving until patient has normal use of the arm**
- AAROM of shoulder (Forward Elevation, ER) without limits
- Shoulder blade protraction (punches)
- Active ER with the elbow at the side (NO RESISTANCE)
- Active Forward elevation/Abduction (NO RESISTANCE)
- Biceps curls (2 lb. limit)
- Teach HEP (2x per day)

### **Post op Week 12+: Phase 3 protocol**

- Wall push-ups for scapular control
- AROM/AAROM shoulder (Forward elevation, ER, IR)
- Isotonic strengthening (IR, ER)
- AROM forward elevation in the scapular plane with a 1 lb. weight
- 10 lb. max lifting restriction

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process. Each patient's progress may vary based on specifics to their injury and procedure.