

Total Shoulder Arthroplasty
Dr. LT Fleske & Dr. Randall Hildebrand



**Central Kansas
Orthopedic Group**
SURGICAL SPECIALISTS & PHYSICAL THERAPY

Weeks 0-2:

Range of Motion: Pendulums only
Active Elbow, wrist, hand ROM

Weeks 2-6

Range of Motion: Passive ROM only
Shoulder Flexion: 90 deg
Shoulder Abduction: 90 deg
Shoulder External Rotation: 0 deg
Shoulder Internal Rotation; As tolerated

Weeks 6-8:

Range of Motion: Full Passive Range of Motion in all planes
Home Exercise Program: AAROM or pulley in all planes of ROM
Rotator Cuff Isometrics
Scapular stabilization/isometrics

Weeks 8-12:

Range of Motion: Continue pulleys and capsular stretching as needed (should be equal bilaterally)

Strengthening:

1. UBC:
2. Shoulder strengthening with resistance in all planes of ROM
3. Progress and improve AROM against gravity
4. Functional strengthening, overhead lifting
5. Scapular retraction strengthening
6. Rotator Cuff stabilization/strengthening

Weeks 12-16:

Range of Motion: 1. Functional AROM in all planes

Strengthening:

1. Return to full functional activities and/or recreation