

Total Shoulder Protocol

NOTE: *It is expected that when the therapist performs PROM and/or manual therapy of any sort, he or she will take into account the surgical procedure, post-op time frame, protocol, joint play/end feel and the patient's pain tolerance. Please see below for estimates of expected ROM return after TSA.*

- Post- op 0-3 days
 - Wrist ROM
 - Grip Strengthening
 - PROM and AAROM
 - Pendulum exercises, Pulley
 - Assisted forward elevation to 140 degrees
 - Assisted ER in supine to 40 degrees

- Post-op 10-14 days
 - Prohibit resisted IR, and unprotected ER to protect subscapularis

- Post-op 6 wks
 - Improve Strength,
 - Active ROM
 - Advance ROM as tolerated

- Goals: Patients will continue to improve with regards to strength and function for 18-24 months
 - Active Forward elevation 140 degrees
 - Active ER 45 degrees
 - Active IR behind back T12 level