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## Total Shoulder Arthroplasty

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

### Phase I: Passive (Weeks 1 to 3)

- Pendulums to warm-up
- Passive range of motion
- Supine external rotation – 0 degrees
- Supine forward elevation – 0 to 90 degrees
- No internal rotation

### Phase II: Active (Weeks 4 to 9)

#### Weeks 4 to 5

- Sling for five weeks
- Full elevation and gradually increase external rotation
- Isometrics, scapular retraction – limit to 30 degrees

#### Weeks 6 to 9

- Active range of motion with passive stretch to prescribed limits
- Supine → seated external rotation – gradually increase to full, limit to 30 degrees until week 12
- Supine → seated forward elevation – full, progress to seated
- Internal rotation – gradually increase to full

### Phase III: Resisted (Week 10)

- Pendulums to warm up and continue with Phase II
- Scapular mobilization
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bicep curls
- Bear hugs

### Weight Training (Week 12)

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- **No** military press, pull-down behind head or wide grip bench

### Return to Activities

- Computer: 4 weeks
- Golf: 4 months
- Tennis: 5 months