

Dr. Bercik's Anatomic Total Shoulder Arthroplasty Protocol

In order to do a total shoulder replacement, the subscapularis (one of the rotator cuff muscles) is cut and repaired back in place. It is critically important that the subscapularis heals. The focus of rehab after total shoulder arthroplasty is to maintain range of motion (ROM) without compromising the subscapularis repair.

Work and activity restrictions are consistent after TSA:

- 0 - 2 weeks: No work, no use of operative hand
 - 2-6 weeks: Discontinue sling, begin formal physical therapy
 - 6 weeks - 3 months: Nothing in operative hand heavier than a fork/knife/toothbrush. Cleared to return to work for opposite hand work only
 - 3 months: No lifting greater than 10 pounds, only occasional overhead reaching
 - 4 months: No lifting greater than 20 pounds. No lifting greater than 10 pounds repetitively
 - 5 months: No lifting greater than 30 pounds.
 - >6 months: No restrictions
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0 – 2 weeks: Wound rest

- Sling at all times except when performing elbow/wrist/hand exercises
- Elbow/wrist/hand exercises 3-5x a day

2 - 6 weeks: Protect Repair/Maintain Motion

- Discontinue the sling during the day. Continue to wear the sling at night.
- Begin physical therapy 2 weeks after surgery, begin with JPL Exercises Phase I and gentle pendulums
 - Patient should attempt 3-5 sets of JPL exercises per day. Each set should involve 5 repetitions.
- Avoid external rotation past 20 degrees
- Elbow/wrist/hand exercises 3-5x a day

6 weeks – 3 months: Regain ROM

- Continue formal PT
- Transition to Phase II of JPL Exercises when comfortable with Phase I
- Transition to Phase III of JPL Exercises when comfortable with Phase II
 - If warm pool available, begin pool exercises

- Active and passive ROM exercises, no strengthening at this point
 - Remove external rotation restrictions
- Goal is full ROM at the end of 3 months
- 5lb weight limit on the operative side
- Stretching routine should be done 3-5 times per day

3 months +: Strengthening

- Patient can carry 10 lbs in the operative hand 3 months after surgery
 - Patient can carry 20 lbs in the operative hand 4 months after surgery
 - Patient can carry 30 lbs in the operative hand 5 months after surgery
- Begin rope and pulley exercises & table slides for terminal passive elevation
- Begin gentle strengthening exercises with theraband: external rotation, low row, anterior deltoid
- Internal rotation stretching: Cross body and up back with towel