

121 Everett Road  
Albany, NY 12205  
518-453-9088

**KYLE R FLIK, MD**

[kyleflik@yahoo.com](mailto:kyleflik@yahoo.com)

## **TOTAL SHOULDER ARTHROPLASTY**

### Weeks 1-6:

- PROM → AAROM → AROM as tolerated, except . . .
- No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grow back into the humerus and regenerate a blood and nerve supply.
- PROM in biceps flexion for first 6 weeks
- ROM goals: Week 1: 120° FF/20° ER at side; ABD max 75° without rotation
- ROM goals: Week 2: 140° FF/40° ER at side; ABD max 75° without rotation
- No resisted internal rotation/backward extension until 12 weeks post-op
- Grip strengthening OK. Do not reach behind back such as tucking in a shirt
- Canes/pulleys OK if advancing from PROM
- Heat before PT, ice after PT

### Weeks 6-12:

- Begin AAROM → AROM for internal rotation and backwards extension as tolerated, if not already begun.
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only
- No resisted internal rotation/backwards extension until 12 weeks post-op
- No scapular retractions with bands yet

### Months 3-12:

- Begin resisted IR/BE (isometrics/bands): isometrics → light bands → weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.