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TOTAL SHOULDER ARTHROPLASTY (DELTOPECTORAL INTERVAL)

Phase 1:

Goals...

- Decrease Pain and Inflammation
- Protect the surgical repair
- Gradually regain passive range of motion (PROM)

Week 0-3

- Immobilizer worn
- The patient is taught gentle PROM exercise for home
 - Wrist ROM Exercises:
 - ◇ PROM, AAROM, AROM
 - ◇ Grip strength exercises
 - ◇ Low weight wrist flexion and extension exercises
 - Elbow ROM exercises:
 - ◇ Initial elbow AROM performed in supine with fingertips in contact with body with upper extremity abducted.
 - Shoulder ROM Exercises (PROM)
 - ◇ External Rotation to 20 (elevation 30-45 anterior to coronal plane)
 - ◇ Scaption to 120. Place a small pillow under distal humerus
 - Exercises performed 2-3 times per day at 10-15 repetitions each session.

Phase 2:

Goals...

- Immobilizer is discontinued, sling is continued except during exercise and showering
- Progress adequate neuromuscular control for AAROM

Weeks 4-6

- Continue elbow, wrist, and grip strength exercises
 - Progress to resistive exercises
- Shoulder AAROM Exercises: pulley/wand
 - Pendulum Exercises Continue
 - ◇ Diagonal Patterns with following limitations:
 - AAROM Limitations as follows:
 - ◇ Scaption: 135
 - ◇ External Rotation: 35

- PROM:
 - ◇ Closed kinetic chain: Weight shifting on elbows, short sitting
 - ◇ Gentle isometric Internal and external rotation, flexion extension and depression.

Phase 3:

Goals...

- Develop strength in rotator cuff and scapular stabilizers.
- Improve Shoulder kinematics for functional activities.

Weeks 7-9

- Elbow AROM
 - Begin resisted biceps and triceps exercises
- Shoulder AROM Exercises
 - Begin AROM exercises:
- D1 and D2 flexion/extension patterns
- Serratus lifts, horizontal abduction, and side-lying external rotation
 - AAROM Limitations:
- External Rotation: 45
- Forward flexion/Scaption: increased to tolerance
 - Closed Kinetic Chain:
- Progress with limited weight bearing

Phase 4:

Goals...

- Progress AROM of shoulder and initiate resistance exercises
- Begin return to functional activities

Weeks 9-12

- Shoulder ROM Exercises:
 - Progress PROM to regain full ROM
 - Progress AROM exercises.
- Initiate strengthening with therabands in small arcs of motion.
- Institute light isotonic cuff and cuff recruitment scapular stabilizer strengthening exercises.
 - Limitations to AROM:
- Full external rotation: 55
- Extension: 30