

ANATOMIC TOTAL SHOULDER ARTHROPLASTY (aTSA)

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<p>Phase 1 0-6 Weeks Per therapist discretion (HEP daily)</p>	<p>Protect subscapularis repair Limit Passive ER and Passive ABD Edema and pain control Maintain elbow, wrist, and hand ROM Minimize shoulder substitution</p> <p>PROM - Week 1-2 - Flexion 0-100, ER 0 - Week 2-3 - Flexion 0-110, scaption 0-70, ER 0-10 - Week 3-4 - Flexion 0-120, - Week 4-6 - Flexion 0-140, Scaption 0-100, ER 0-20, Abd 0-75</p>	<p>SLING when not doing exercises ** (d/c at 4 weeks – Dr. Ramirez) NO shoulder AROM NO shoulder extension beyond 0 (place pillow/towel roll under arm with supine) NO scapular retraction NO active IR behind back NO Abd > 75 degree NO resisted elbow flexion LIMIT ER NO forced motion</p> <p>NO lifting > coffee cup NO supporting body weight with hands</p> <p>PROGRESS TO NEXT PHASE - When can elevate >100 with good mechanics Pain is managed</p>	<p>Codman/Pendulum AROM – elbow, wrist, hand Cervical spine</p> <p>PROM – shoulder flexion, scaption, ER in scapular plane STRENGTH – posture training, Flexion and deltoid isometric (4+ weeks - submax/neutral) - scapular isometrics/mobility - side-lying</p> <p>**AROM – (Dr. Ramirez) Flexion at 4 weeks</p>
<p>Phase 2 6-10 Weeks Per therapist discretion (HEP daily)</p>	<p>PROM - Week 6-10 - Flexion 0-150 (160 without resistance), Scaption 0-120, Abd 0-90, ER 0-30 - Week 8-10 – ER 0-30 (45 without resistance or increase pain), Abd 0-120</p> <p>AAROM – (Initiate when Passive Flexion>90) Flexion/scaption /ext, IR/ER at 0/90 (as allowed per PROM) -- pulleys when >90 Flexion AROM – Initiate Flexion, 0-120, Abd, scaption (supine/sitting/standing), IR/ER at 0/90</p> <p>**AROM (Dr. Ramirez) - 6 weeks+</p>	<p>Discontinue SLING at 6 weeks Return to driving NO resisted scapular retractions NO resisted IR/extension past neutral AVOID painful activities</p> <p>PROGRESS TO NEXT PHASE - When Passive Flexion >120 and Active Flex >90 with good mechanics - Pain managed</p>	<p>PROGRESS P/AA/AROM AA/AROM – table slides, cane - (mat/sitting/standing), pulleys when Flexion >90 degrees, - Short lever >long lever - Initiate extension past neutral (week 7+), PNF, ER (week 7+), initiate horizontal Add (side lying) STRENGTH – bicep/tricep (4+ weeks), Flexion/ER/abd isometrics (submax) - supine Flexion with band 0-90 (week 7+), - Rhythmic stabilization at 90/120</p> <p>**STRENGTH (Dr. Ramirez) - BANDS – 6 weeks – NO IR - WEIGHTS – 8 weeks – includes IR</p>
<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>

<p>Phase 3 10-12 Weeks Per therapist discretion</p>	<p>Maintain pain-free PROM Improve AA/AROM Improve shoulder stability, strength, and endurance</p> <p>PROM – Flexion/scaption/Abd 0-160, ER 0-45 AA/AROM – Flexion 0-140, Abd 0-120, ER 0-30, IR – initiate behind back STRENGTH</p> <p>**FULL ROM/STRENGTH - (Dr. Ramirez) 10 weeks</p> <p>ACTIVITY AS TOLERATED</p>	<p>Same as above Avoid repetitive shoulder exercises against gravity with poor mechanics Avoiding lifting >10#</p>	<p>PROM/AA/AROM - (supine>sitting>standing) Begin A/AAROM Ext/Add/IR STRENGTH – isometrics>bands PNF D1, ‘w,’ scapular strength,</p> <ul style="list-style-type: none"> - prone extension (to neutral – short lever>long lever), - closed chain (sitting/wall) - Rhythmic stabilization at 120, rotator cuff
<p>Phase 4 12-16 Weeks Per therapist discretion (HEP: strength 3x/week) (ROM-daily as needed)</p>	<p>Maintain pain-free ROM PROM – Flexion/scaption/abd 0-160, ER 0-60, IR T12 AA/AROM – as allowed per PROM STRENGTH -UE strength 4/5 Scapulohumeral rhythm</p>	<p>Avoid painful ADLs Avoid scapular hiking/poor mechanics STRENGTHENING 3x/week, avoiding rotator cuff tendonitis</p>	<p>PROM – end range passive stretch AAROM – IR behind back with cane, pulleys AROM – posterior capsule stretch, functional behind back reach/ext STRENGTH – advance as tolerated</p> <ul style="list-style-type: none"> - Rows, biceps (isometric > band>light weight) - humeral head stabilization - begin eccentric, plyometric - closed kinetic chain >full body as tolerated and when appropriate (table/quad)
<p>Phase 5 4+ months</p>	<p>FULL ROM RTW</p>	<p>Avoid high velocity throwing/swimming until 4-6 months – surgeon discretion</p>	<p>STRENGTH - light throwing, moderate resistance, body weight, sport specific replicating, progress flexibility, strength, and endurance</p>

Concomitant Procedures

If Biceps Tenodesis:

- Weeks 0-4: no active elbow flexion. Weeks 4-8: begin biceps isometrics. Weeks 8+: begin biceps resistance training.

If patient is “Subscapularis Sparing”:

Dr. Ramirez

- Sling - Discontinue sling 2-5 days - **ROM** - as tolerated (Goal full PROM at 4 weeks - FULL AROM at 6 weeks) – Activity as tolerated - 8-12 weeks

Physician Specific

Typical Schedule of follow-up visits with physician after surgery:

Dr. Corpus

- Follow-up schedule – 2 weeks, 6 weeks, 3 months, 6 months, 1 year
- Incision – sutures under skin, glue – waterproof dressing (remain until first follow-up at 2 weeks – as long as clean)
- Bathing – immediate but must cover bandage with Saran Wrap until first follow-up at 2 weeks (surgeon to decide at this follow-up further instruction)
- Medication expectation – (oxycodone, Tylenol, naproxen) - discharge ASAP, 2-4 weeks, ASA (DVT prophylaxis)
- Long term precaution – none if doing well, however recommend avoiding heavy WB through shoulder (bench press or push up for example)
- Scheduling – Evaluation 5-7 days post-op and one 30" follow-up - initial evaluation – check incision, review elbow/hand exercises, initiate Codman's. The goal is to have a medical professional look at the patient.

Dr. Ramirez

- Sling – Discontinue at 4 weeks
- Follow up schedule - 2 weeks, 6 weeks, 12 weeks (1 year after if full ROM and happy with ADLs)
- AROM – Flexion at 4 weeks, no lifting >11lb
- No active IR until 6+ weeks
- Strengthening - BANDS at 6 weeks (NO IR), WEIGHT at 8 weeks (including IR) --- Full ROM/Strengthening at 10 weeks
- Activity as tolerated - 12 weeks.

Typical Medications:

Dr. Ramirez – Oxycodone, Medrol Dosepak, Tylenol, Ibuprofen

TED hose:

Dr. Ramirez – 2 weeks

Dressings:

Dr. Ramirez: Keep until f/u visit