



# Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

## **PRIMARY / REVISION TOTAL SHOULDER ARTHROPLASTY (TSA)**

### **PHYSICAL THERAPY PROTOCOL**

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**Patient Name:** \_\_\_\_\_ **Date of Surgery:** \_\_\_\_\_

**Procedure: Right / Left Total Shoulder Arthroplasty**

\_\_\_ Evaluate and Treat

\_\_\_ Provide patient with home program

Frequency: \_\_\_\_\_ x/week x \_\_\_\_\_ weeks

**Phase I (0-6 wks): *Period of protection: In general, sling should be worn at all times during this phase (except for hygiene and PT). No resisted internal rotation (IR) or backward***



*extension to protect the subscapularis tendon. Passive ER should also be performed gently to protect the repair.*

**\*\*For REVISION TSA: No External Rotation beyond neutral (to protect the multiply repaired subscapularis tendon) \*\***

**Weeks 0-2: No formal PT.**

- Sling at all times (except for hygiene and pendulums per below for certain patients).
- You may be asked to perform home exercises only (pendulums, elbow + wrist ROM, grip strengthening). Dr. Saltzman will clarify if this is the case.

**Weeks 2-6: Begin formal PT.**

- Sling at all times (except for hygiene and PT).
- ROM: PROM → AAROM → AROM as tolerated except for IR/backwards extension (to protect subscap repair). Canes and pulleys OK if advancing from passive ROM.
  - Goal ROM by week 1: 90 deg fflex, 20 deg ER at side, ABD max 75 deg without rotation.
  - Goal ROM by week 2: 120 deg fflex, 40 deg ER at side; ABD max 75 deg without rotation.
- Strengthening: Grip strengthening and isometric, below shoulder-level periscapular strengthening OK, **but avoid any resisted IR/backward extension until 3 months post-op.**

**Phase II (6-12 wks): Transition to active IR and more advanced strengthening of the remaining rotator cuff.**

- D/C sling if cleared by MD
- ROM: Light passive stretching at end ranges. Begin AAROM → AROM for internal rotation and backwards extension as tolerated.
  - Goals: full motion by 12 weeks.
- Strengthening:
  - Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only. **Still no resisted IR/backward extension until 3 months post-op.**

**Phase III (3-12 months): Begin light strengthening in IR/backward extension, slowly progressing as tolerated to catch up with remaining rotator cuff.**



- ROM: Aggressive passive stretching at end ranges in all planes. Advance to full active ROM as tolerated.
- Strengthening/Activities: May begin and progress light resisted (isometrics/bands) for IR/backwards extension. For all other strengthening, begin and progress the following:
  - @ 3 months
    - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/wk to avoid cuff tendonitis*)
    - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
  - @ 4.5 months, begin sports-specific/job-specific rehab and advanced conditioning

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient \_\_\_ would \_\_\_ would not benefit from social services.**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Bryan M. Saltzman, MD**