



Orthopaedic Surgery - Arthroscopic Surgery - Joint Replacement - Sports Medicine - Fracture Care

John R. Chance, M.D., David L. Fox, M.D., Jamie L. Lynch, M.D.,
Brian E. Schulze, M.D., Patrick M. Simon, M.D., Rex E. Wilcox, M.D.
Diplomates, American Board of Orthopaedic Surgery

Kelly A. Cooper, PA-C

TOTAL SHOULDER ARTHROPLASTY

Post-OP Rehabilitation

Patient Name: _____

DOS: _____

PHASE 1: Post OP Day 1 – 6 weeks

1. Joint protection
2. PROM- FE and Elevation in Scapular Plane in Supine to 90°, ER to 10°, **NO IR ROM**
3. AROM/AAROM- Cervical Spine, Elbow, Wrist, and Hand
4. Periscapular Sub-Max pain free isometrics in scapular plane
5. Sling worn for 4 weeks
6. Advance to AROM of the shoulder (AS TOLERATED)
7. **NO LIFTING OBJECTS**
8. **NO SUPPORTING BODY WEIGHT (NWB)**
9. **NO RESISTED IR**
10. Instruct in bed mobility, sling wear, and transfers

@ 7 days Post OP:

1. Add Sub-Max pain free deltoid isometrics in scapular plane
 - a. AVOID shoulder extension when isolating posterior deltoid

@ 3 – 6 weeks:

1. Progress above exercises
2. Progress PROM- FE and Elevation in Scapular plane in Supine to 120°
3. GENTLE resisted exercise to Elbow, Wrist, and Hand

PHASE 2: AROM Weeks 6-12

1. Continue PROM (**FULL PROM not EXPECTED**)
2. Gradual Restore AROM
3. Allow continued healing of soft tissue
4. Precautions:
 - a. AVOID Shoulder Hyperextension, Poor Shoulder mechanics

-PLEASE AVOID repetitive AROM

5. Lifting MAX 5 lbs
6. Encourage use of arm for ADLs

@ 6 – 8 weeks:

1. PROM- IR to 30° (DO NOT EXCEED 50°)
2. AA/AROM
 - a. Flexion and FE in scapular plan seated with progression from seated to standing
 - b. ER and IR cane in scapular plane
 - c. GENTLE IR and ER sub-max isometrics
 - d. GENTLE pain free sub-max deltoid isometrics
 - e. Table slides
3. Progress strengthening of Elbow and Wrist

@ 9 – 12 weeks:

1. Progress AA/AROM
2. GENTLE IR and ER isotonic in Sidelying with light weight resistance

PHASE 3: Moderate Strengthening Weeks 12 – 16

1. Progress gentle resisted Flexion and Elevation in Standing Position
2. Advance deltoid GH adductor exercises

PHASE 4: HEP and DC, 4 months Post OP

1. HEP 3-4 times per week
2. Return to functional activities demonstration proper mechanics.
 - a. Typically, **80°-120° elevation, ER to 30°**
3. Completion of light household and work activities

For further questions, or if any problems develop, please call Dr. Lynch's MA, Melissa Dennis, at 210-477-5151.