

Northeast Orthopaedics & Sports Medicine

Your first choice for exceptional
orthopaedic care



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

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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.