

TOTAL SHOULDER ARTHROPLASTY

Immediate Post-operative Period

- Wear sling in public and to sleep
- PROM
- | | |
|------------------|------------------|
| <u>Weeks 1-4</u> | <u>Weeks 4-6</u> |
| FE: 0-130 | 130-full |
| ER: 0-30 | 30-full |
- **NO** extension x 6 weeks
- AAROM (wand, self-stretch)
- Ice 3-4x daily

7 Days-2 Weeks (Goal: Protect subscapularis healing)

- Wear sling in public x 4 weeks
- NO UBE
- Isometrics for all shoulder motions within pain-free ROM – **NO ACTIVE Internal Rotation**
- Ice following exercises

3 – 6 weeks (Goal: full PROM at end of 6th week)

- No resistive exercises
- No weights
- Active range of motion – supine (no weights)

6-12 weeks (Goal: increase function and strength)

- Resistive exercises
- Therabands – home strengthening
- Weights – less than 5 lbs