

**Jeffrey Dean, MD
Orthopedic Surgeon**

TOTAL SHOULDER ARTHROPLASTY

Revised January 2003

Post-op Days 1 - 14

**No resistance
No Active IR
x 6 wks**

Sling for comfort, D/C after 4-5 days
Pendulum exercises
PROM - Flex to 120 degrees
- Abd to 90 degrees
- ER to 30 degrees
Elbow, wrist and hand AROM
Shoulder shrugs, retractions
Hand gripping exercises
Ice pack PRN
Sleep with pillow under arm for comfort

Goals - Pain control
Passive flexion to 120 degrees

Weeks 2 - 4

**No resistance
No Active IR
x 6 wks**

Continue appropriate previous exercises
May wear sling when out in public PRN
AAROM with wand in supine
- Flex to tolerance
- Abd to 120 degrees
- Gentle ER to tolerance
- IR behind back (IRB) to tolerance
Finger ladder/wall climbs if patient can do without compensating
Pulley if patient can do without compensating
2-finger isometrics - 6-way, pain-free
Stationary bike

Goals - PROM/AAROM: Flex to 180 degrees and Abd to 120 degrees
No compensatory motion

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Weeks 4 – 6

**No Resistance
No Active IR
x 6 wks**

Continue appropriate previous exercises
AROM – Flex to tolerance
– Abd to 120 degrees
– ER to approximately 45 degrees
UBE for ROM, low resistance
Bicep curls – no lifting heavier than a coffee cup ~ 1#
Triceps in supine
Treadmill – Walking progression program

**Goals - ER 0-30 degrees
IRB – L4**

Weeks 6 – 8

**No lifting heavier
than a gallon of
milk ~ 8 #**

Continue appropriate previous exercises
AROM/AAROM/PROM as tolerated to restore full ROM
UBE 10 min forward and 10 min back at low resistance
Theraband for rotator cuff strengthening in pain-free range
– go slow with resisted IR
Scapular stabilization exercises
– Rowing
– Prone horizontal shoulder abduction
– Ball against wall
Push-ups against wall
Initiate shoulder stabilization exercises
Self-mobilization exercises PRN
Elliptical trainer

**Goals - Full ROM flex and abd
ER to 45 degrees
IRB to T10**

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Weeks 8 – 12

Continue appropriate previous exercises
Progress theraband resistance as tolerated
Proprioception exercises
 – PLYOBALL exercises
 – Fitter on hands
Push-ups against table/counter

Goals - Full ROM
Normal shoulder strength
Perform all ADLs without shoulder pain

Months 3 – 6

Continue appropriate previous exercises
Continue aerobic conditioning
Swimming

Goals – Resume all recreational activities at 6 months