

## POST-OP REHABILITATION GUIDELINES: TOTAL SHOULDER ARTHROPLASTY

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| <p><b>1-6</b><br/><b>Weeks</b></p>   | <ul style="list-style-type: none"> <li>• Sling Immobilization</li> <li>• Active ROM Elbow, Wrist and Hand</li> <li>• No shoulder extension or behind the back internal rotation (keep elbow within eyesight)</li> <li>• True Passive (ONLY) ROM Shoulder. NO ACTIVE MOTION               <ul style="list-style-type: none"> <li>○ Pendulums (3-5x/day)</li> <li>○ Supine Elevation in Scapular plane with thumb facing the floor → progress to 140 degrees by 6 weeks</li> <li>○ Gentle passive ER at 30 degrees in scapular plane (DO NOT exceed 30 degrees)</li> </ul> </li> <li>• Scapular Stabilization exercises (sidelying)</li> <li>• Encourage home exercises</li> <li>• No Pulley/Canes until 6 weeks post-op</li> </ul>                      |
| <p><b>6-12</b><br/><b>Weeks</b></p>  | <ul style="list-style-type: none"> <li>• Discontinue sling use</li> <li>• 2lb lifting restriction. Use arm for ADLs</li> <li>• Avoid quick jerking movements</li> <li>• Isometric exercises for forward flexion, abduction, ER, extension at neutral (no resisted IR)</li> <li>• Begin Active Assist ROM and advance to AROM</li> <li>• Elevation in scapular plane and external rotation as tolerated</li> <li>• Begin scapular shrugs, protraction, retraction at 8 weeks without glenohumeral motion</li> <li>• No Internal rotation or behind back until 10 weeks</li> <li>• Encourage home exercises</li> </ul>                                                                                                                                   |
| <p><b>3-12</b><br/><b>Months</b></p> | <ul style="list-style-type: none"> <li>• No weight restriction, but gradual progression of resistance exercises</li> <li>• Advance to full ROM as tolerated with passive stretching at end ranges</li> <li>• Advance strengthening as tolerated:               <ul style="list-style-type: none"> <li>○ Isometrics → bands → light weights (1-5lbs)</li> <li>○ 8-12 reps X 2-3 sets per rotator cuff, deltoid, and scapular stabilizers</li> </ul> </li> <li>• Only do strengthening 3x/week to avoid rotator cuff tendonitis</li> <li>• Begin eccentrically resisted motions, plyometrics (ex. Weighted ball toss), proprioception (es. body blade)</li> <li>• Begin sports related rehab at 4 1/2 months, including advanced conditioning</li> </ul> |