


 REHABILITATION GUIDELINES
 TOTAL SHOULDER ARTHROPLASTY

SLING FOR 4 WEEKS INCLUDING SLEEP, THEN WEAN OFF AS TOLERATED. May remove for light use at desk level (e.g. computer working, eating)

PHASE 1: START IMMEDIATELY POST-OP

DOS:

AAROM:

Forward elevation to full. Pulleys for home use to assist with elevation.

External rotation to 30 degrees X 4 weeks (stick assisted).

Scap stabilization

AROM elbow, wrist and hand

OK to use arm for light ADLs below shoulder level

1# lift maximum

No internal rotation behind back; No extension behind plane of trunk

PHASE 2: POD 29

DATE:

Wean from sling completely

AROM to full; light terminal stretch, go slow with terminal ER

Begin IR behind back

Limit lifting to one pound

Isometric strengthening forward flexion, external rotation, extension, and abduction

Shrugs, rows, scapular, protraction

PHASE 3: POD 43

DATE:

Begin after 6 weeks (POD #43)

TheraBand strengthening (except subscapularis)

Light end range stretching

At 10 weeks post op: Initiate internal rotation strength with TheraBand's

Light weight training OK at least 3 full months post op. Heavy lifting is discouraged- high rep, low total weight (20-30 reps/set)

Progress to stiffest TheraBand **prior** to initiating dumbbells

RETURN TO ACTIVITIES: COMPUTER: ASAP; GOLF: 3 MONTHS TO CHIP AND PUTT, 4 MONTHS TO FULL GAME; MANUAL LABOR 4-6 MONTHS, CONTACT SPORTS DISCOURAGED FOR LIFETIME; OVERHEAD SPORTS (e.g., tennis) 4-6 MONTHS