

REHABILITATION GUIDELINES
TOTAL SHOULDER ARTHROPLASTY

IMMEDIATELY POST-OP

DOS:

- Sling to comfort with goal to dc by end of week 2
- Cryotherapy and TENS if needed for pain
 - No ER > neutral first week
 - AROM neck, elbow, wrist and hand

1-3 WEEKS POST-OP

DATE:

- Initiate therapy 1-2x/wk as needed
- No ER > 30deg or active IR x 6 weeks to protect subscap
 - Scap retraction/depression training
 - Forward flexion passively progressing to AA beginning immediately

4-6 WEEKS POST-OP

DATE:

- Progress forward flexion to Active as tolerated and with good scapulohumeral control
- Initiate ROM/stretching for all other motion at 6 weeks
- Begin strengthening at 6 weeks

8-12 WEEKS POST-OP

DATE:

- Progress all motions to full potential
- Initiate overhead strengthening/function when demonstrates appropriate scapulohumeral movement patterns and stabilization
 - Progress to independent HEP as able.