

TOTAL SHOULDER ARTHROPLASTY REHABILITATION PROTOCOL

Immediate Post-operative Period

- Wear sling in public and to sleep
- PROM
- Weeks 1-4 Weeks 4-6
- FE: 0-130 130-full
- ER: neutral 0-30
- **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
- 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