
TOTAL SHOULDER ARTHROPLASTY POST-OP PROTOCOL

Dr Elrashidy – Webster Orthopedics

OVERVIEW

- ◆ Sling x 4 weeks: Wear while sleeping, gradually begin removing over 4 weeks
- ◆ Place small pillow or roll behind elbow when supine to avoid shoulder extension (tension on subscap/tuberosity repair)
- ◆ No lifting or AROM x 4 weeks

PHASE 1: Weeks 0-6

Phase 1 – Early (Weeks 0-4)

- ◆ Sling for 4 weeks (unless otherwise ordered by physician)
- ◆ Pendulums as tolerated
- ◆ Supine PROM to AAROM flexion as tolerated
- ◆ AROM of elbow, wrist, hand and neck
- ◆ NO Abduction, Extension or External Rotation
- ◆ NO Pulley exercises

Phase 1 – Late (Weeks 5-6)

- ◆ Continue gentle AAROM to AROM in all planes as tolerated

PHASE 2: Weeks 7-12

- ◆ **OK to begin pulleys at 6 weeks post-op**
- ◆ AAROM to AROM as tolerated
- ◆ Ok to begin leg workout (machines, avoid free weights)

PHASE 3: Weeks 13 +

- ◆ Start light shoulder strengthening
- ◆ Continue progressing ABD/ER
- ◆ Functional combined movements as tolerated

PHASE 4: 6 Months

- ◆ Return to golf, swimming breast stroke at physician and therapist discretion

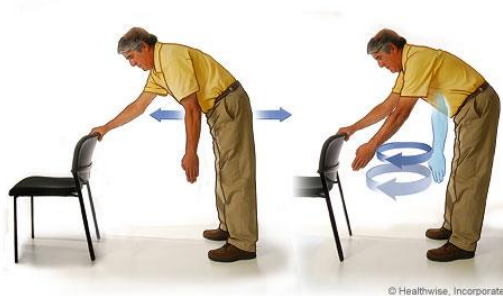
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SAMPLE EXERCISES

- 1) **Passive Supine Flexion/Forward Elevation:** Lie on your back. Grasp wrist with non-op hand and passively raise operative arm overhead. Aim to get to 90° by 3 weeks. In week 4, progress to 120°. Then full ROM after 6 weeks. Keep elbow bent and relaxed. Repeat 10 reps, 2-3 times/day



- 2) **Passive Pendulum Exercise:** Hold onto a chair back with non-op hand and lead forward. Let operative arm hang down passively. Use body to passively swing arm: Forward, backward, side to side and small circles. Repeat as tolerated



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