



# **GOLDEN STATE ORTHOPEDICS & SPINE**

## **TOTAL SHOULDER ARTHROPLASTY POST-OP PROTOCOL**

### **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.

