

## TOTAL SHOULDER ARTHROPLASTY (REPLACEMENT) PHYSICAL THERAPY PROTOCOL

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### **Immediate Post-operative Period**

- Wear sling in public and to sleep
- PROM

<u>Weeks 1-4</u>	<u>Weeks 4-6</u>
FE: 0-130	130-full
ER: 0-30	30-full

**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**
- **NO UBE**
- 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 6<sup>th</sup> 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