



TOTAL SHOULDER REPLACEMENT

Dr. Zachary P. Arntson

Name \_\_\_\_\_ DOB: \_\_\_\_\_

Diagnosis \_\_\_\_\_

Date of Surgery \_\_\_\_\_

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Week 0-1: Patient to do Home Exercises give post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)

\_\_\_\_\_ Weeks 1-6:

- Sling for 6 weeks
• PROM -> AAROM -> AROM as tolerated, except . . .
• No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to heal back into the humerus and regenerate a blood and nerve supply.
• ROM goals: Week 1: 90° FF/20° ER at side; ABD max 75° without rotation
• ROM goals: Week 2: 120° FF/40° ER at side; ABD max 75° without rotation
• No resisted internal rotation/backward extension until 12 weeks post-op
• Canes/pulleys OK if advancing from PROM
• Heat before PT, ice after PT

\_\_\_\_\_ Weeks 6-12:

- Begin AAROM -> AROM for internal rotation and backwards extension as tolerated, if not already begun.
• Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
• Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only
• No resisted internal rotation/backwards extension until 12 weeks post-op

\_\_\_\_\_ Months 3-12:

- Begin resisted IR/BE (isometrics/bands): isometrics -> light bands -> weights
• Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
• Increase ROM to full with passive stretching at end ranges
• Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

\_\_\_ Electric Stimulation \_\_\_ Ultrasound \_\_\_ Iontophoresis \_\_\_ Phonophoresis \_\_\_ TENS \_\_\_ Heat before/after \_\_\_ Ice before/after \_\_\_ Trigger points massage \_\_\_ Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_