

POST OP Total Shoulder Arthroplasty

Week 0-6:

Sling to be worn continuously except during bathing and exercises.
Elbow/wrist Full AROM encouraged.
Pendulums, Passive assist forward flexion to full, internal rotation.
Goal: Full PROM by 6 weeks, limit passive external rotation to 0° for first 6 weeks.
Limit terminal extension of the elbow for first 6 weeks.

Week 6-12:

May initiate gentle pulley exercises.
Strengthening and isometric exercises are initiated accompanied by active assisted ROM exercises, no use of weight for the first three months.
Avoid lateral abduction.
Continue stretching, forward flexion, external rotation, internal rotation.

Week 12:

Strengthening: deltoid, biceps, triceps, rotator cuff, scapular stabilizers.
Resistance exercises with light weights (1-3 lbs) can be initiated, progressive to dynamics strengthening at six months.

Frequency: 1x/wk 2x/wk 3x/wk. 4x/wk. 5x/wk.

Duration: 1 week 2 weeks 3 weeks 4 weeks 5 weeks 6 weeks