TOTAL SHOULDER ARTHROPLASTY

Revised May 2005

Post-op Days 1 – 14

- Sling for comfort, D/C after 4-5 days
  - Sleep with pillow under shoulder / arm for comfort
- Hand squeezing exercises
- Elbow and wrist AROM
- Pendulum exercises
- AAROM supine with wand or pulleys
  - Flexion to 120 degrees
  - Abduction to 60 degrees
  - ER to 30 degrees
- Shoulder shrugs, scapular retraction without resistance
- Ice pack

**Goals**

- Pain control
- AAROM Flexion to 120 degrees, Abduction to 60 degrees

Weeks 2 – 4

- Continue appropriate previous exercises
- May wear sling when out in public as needed for comfort
- AAROM supine with wand or pulleys
  - Flexion to tolerance
  - Abduction to 90 degrees
  - Gentle ER to tolerance
- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike

**Goal** – AAROM Flexion to 140 degrees, Abduction to 90 degrees

Weeks 4 – 6

- Continue appropriate previous exercises
- AAROM supine with wand or pulleys
  - Abduction to 120 degrees, Flexion and ER to tolerance
- UBE – Forwards and backwards at low resistance
- Biceps and Triceps PREs with light weight
- Treadmill – Walking progression program

**Goal** – AAROM Flexion to 160 degrees, Abduction to 120 degrees

Weeks 6 – 8

- Continue appropriate previous exercises
- AAROM (wand, wall climb, pulleys, doorway stretch) through full range
  - IR with wand behind back
- AROM through full range as tolerated
PROM / mobilization as needed to regain functional motion
Rotator cuff strengthening with light Theraband x 6
  – Progress slowly with resisted IR
Standing rows with light Theraband
Prone scapular retraction ex without weight
Ball on wall (arcs, alphabet)
Push-ups against wall
Elliptical trainer
Pool walking / running

Goals

Full AAROM
Minimal compensatory motion

**Months 2 – 3**

Continue appropriate previous exercises with increased resistance
Body blade
Ball toss with arm at side
BAPS on hands
Push-ups against table
Stairmaster

Goals

Functional AROM
Normal rotator cuff strength

**Months 3 – 6**

Continue appropriate previous exercises
Light weight training
Swimming / Running as tolerated
Transition to home / gym program

**Goal** – Resume all recreational activities at 6 months