



The Orthopedic Center of St. Louis

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Total Shoulder Arthroplasty

Post-Op	Goals	Precautions	Exercises
Weeks 0-6 PT 1-2x/week HEP daily	Edema and pain control Protect subscap repair <u>Active Assisted</u> Week 1: FF 100°, ER 0° Week 2: FF 120°, ER 10° Week 6: FF 150°, ER 20°	Sling when not doing exercises Limit ER to neutral for 2 weeks No ER >20° (Weeks 2-6) No active IR No backward extension (BE) No scapular retractions Limit abduction 75° No resisted elbow flexion	Elbow, wrist, hand ROM Codman/Pendulum Passive supine forward flexion Scapular mobility and stability (side-lying) Deltoid isometrics Posture training Advance P/AA/AROM
Weeks 6-12 PT 2-3x/week HEP daily	Protect subscap repair FF 160°, ER 45°	DC sling No resisted IR/BE No resisted scapular retractions Avoid painful ADLs	Advance P/AA/AROM Cane/pulley Rhythmic stabilization at 120° Begin AA to AROM IR/BE Submaximal isometrics ER/FF/ABD Closed chain kinetic exercises Scapular stabilization
Weeks 12-16 PT 1-2x/week HEP daily	FF 160°, ER 60°, IR T12 Scapulohumeral rhythm UE strength 4/5	No sling Avoid painful ADLs Avoid activities that encourage scapular hiking or poor mechanics Limit strengthening to 3x/week to avoid rotator cuff tendonitis	Progress ROM/flexibility exercises Advance strengthening as tolerated Rhythmic humeral head stabilization Begin resisted IR/BE (isometrics to light bands to weights) Increase end ROM with passive stretch Begin eccentrics, plyometrics, and closed chain exercises when appropriate
Weeks 16+ HEP daily	Maximal ROM Independent HEP	None	Progress strengthening, flexibility, and endurance

***PATIENT MAY ONLY BE 2-5LB. WEIGHT-BEARING FOR THE FIRST 3 MONTHS**