

TOTAL SHOULDER ARTHROPLASTY (Anatomic) PROTOCOL– Dr. Duethman

Updated: August 2022

- A. 0-6 weeks post-op
  1. Sling with abduction pillow worn when up and busy and also to sleep
  2. Cryotherapy – frequent
  3. ROM restrictions
    - a. ER: Maximum 20° for 1<sup>st</sup> 6 weeks
    - b. Other motions are to tolerance
  4. Exercise
    - a. P-AAROM for glenohumeral joint
    - b. Pendulums and shrugs
    - c. AROM for elbow and distal joints
    - d. Sub-maximal, pain free isometrics (No IR)
    - e. No Active IR behind back for 1<sup>st</sup> 6 weeks
    - f. No extension beyond neutral with arm in adduction for 1<sup>st</sup> 6 weeks
- B. 6-12 weeks post-op
  1. Wean from sling
  2. ROM restrictions:
    - a. AAROM all planes
    - b. Gradually increase ER (Do Not Force)
  3. Exercise
    - a. Continue PROM work as needed
    - b. AA-AROM focused on quality movement
    - c. Light/progressive, comprehensive strength and stabilization work
    - d. No resisted IR and adduction work
- C. Greater than 12 weeks post-op
  1. AROM as tolerated all planes
  2. Begin resisted strengthening exercises, all planes
  3. Okay to return to normal daily activities