



TOTAL SHOULDER & REVERSE TOTAL SHOULDER REPLACEMENT PHYSICAL THERAPY PROTOCOL

POST OP DAY 1 THROUGH 1st POST-OP VISIT (APPROX. WEEK 2)

Instructions:

- Sling worn at all times in public and at bedtime. For comfort only when sedentary inside
- Exercise 2-3 times per day with 10 repetitions per session

Exercises:

- AROM of hand, wrist and elbow- encourage this immediately
- AAROM and AROM forward flexion in supine and standing positions
- Active ER to neutral
- NO PROM
- NO PENDULUMS
- Scapular squeezes in the sling

1st POST-OP VISIT THROUGH 2nd POST-OP VISIT (APPROX. WEEK 6)

Instructions:

- Sling worn at all times in public and at bedtime. For comfort only when sedentary inside
- Exercise 2-3 times per day with 10-15 repetitions per session

Exercises:

- Continue AROM of hand, wrist and elbow
- AAROM and AROM in forward flexion
- No PROM
- Continue scapular squeezes
- ER to neutral, gentle abduction, NO extension, NO IR behind back

2nd POST-OP VISIT THROUGH 3RD POST-OP VISIT (APPROX. WEEK 12)

Instructions:

- Discontinue sling
- Exercises daily until maximum ROM is achieved
- Perform all activities of daily living as tolerated

Exercises:

- Continue AROM of hand, wrist and elbow
- Continue scapular stabilization exercises
- Progress to AROM for all motions supine and upright with gradual increase in ER per patient's tolerance
- Wall-walks
- Side lying ER
- Start isometric exercises for all motions
- Wand Exercises

AFTER 3RD POST-OP VISIT AND ON

Instructions:

- All activities as patient tolerates and confidence allows

Exercises:

- Start strengthening with light weights and therabands
- Wall pushups