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Anatomic Total Shoulder Arthroplasty
Midwest Orthopaedic Center - Peoria, IL

	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-6 weeks **2-week post op visit to review/ update HEP** **HEP ONLY**	Remove dressings, shower P.O. Day #5 Week 1: Sling at all times Week 2: Use ultrasling for sleeping and when leaving the house. May remove the sling as tolerated during the day No lifting > 2-3# with hand **PROTECT SUBSCAP:** Avoid IR behind the back and extension	Passive Scaption to 130° Passive ER to 30° No IR behind back No extension past body	**HEP ONLY:** 3x/day: Hand, Wrist, Elbow AROM out of sling. Pulleys Passive/ AAROM ER to 30° in sitting Passive/AAROM Scaption to 130° Pendulums
Phase 2: 6-12 weeks **2-3x/week** **Initiate Formal Rehab**	D/C Sling 10# restriction for ADL's 30° ER ROM until 10 weeks	AROM and PROM to tolerance but **limit ER to 30° until 10 weeks**	PROM AAROM AROM Active scapular stabilization RTC/Deltoid isometrics RTC strengthening except resisted internal rotation Avoid shoulder hiking and subacromial impingement
Phase 3: 12+ weeks **2-3x/week** **Strengthening**	No formal restrictions Surgeon will determine return to work and gym	Full Passive and Active Light stretching for subscapularis	Advance all RTC and deltoid strengthening Emphasize scapular control Work and recreational activity training 4+ months: Tennis, Golf

MD post op appts:2 weeks, 6 weeks, 12 weeks;
Please send progress notes prior to each of these MD appts.
This protocol is not a substitute for clinical decision making of the health care professional.
Please see referral for any specific post op instructions; Call for op-reports if needed.

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