

Dr. Brent Carlson
 Chippewa Valley Orthopedics & Sports Medicine
 1200 OakLeaf Way 757 Lakeland Drive, Suite B
 Altoona, WI 54720 Chippewa Falls, WI 54729

Patient _____
 D.O.S. _____

TOTAL SHOULDER ARTHROPLASTY

	Week 0-1 Begin DOS	Week 2-4	Week 5-8	Week 9-12	Week 12 +
Passive Abduction	0-75° no rotation		0-90° rotation allowed up to 40°		As tolerated
Passive Scaption	0-120°	0-140°		0-160°	As tolerated
Passive ER	0-30°		30-50°	0-60°, then increase as tolerated	
Passive IR	As tolerated, advance appropriately		Active IR after week 4, continue with stretching as needed		
Extension	As tolerated, advance appropriately				
Sling	Yes, wear for 4 weeks to protect the biceps		D/C – wear for comfort only		
PT visits/week	1-2	1-2	1-2	1-3	Monitor
Exercises	PROM for shoulder	Joint Mobs (ant, post, inf)	AAROM – AROM start at week 4, and advance by week 6	Progress Strengthening to Resisted tubing in 5 planes with elbow bent (flex, scap,abd,add,ER)	ROM exercises 2x/day
** Generally speaking, the focus is to restore functional movement and strength. Avoid pain at end range of motion. Progress ROM, strength and exercises as a continuum. You do not need to hold the patient back if they seem to be progressing ahead of the plan above. **	Elbow PROM – flex/ext, pronation/supination Grip Strengthening Posture, gentle shoulder blade squeezes	Isometrics – pain free flex/ext No Isometric IR until week 4 to protect the subscapularis Criteria to advance: Minimal pain, ROM improving, no pain with resisted IR	UBE Isometrics – pain free IR/ER/Abd Progress Scapular Stabilizing: Retraction, Depression, Protraction, Shrugs Closed to Open Chain Criteria to advance: Full painless ROM tolerating all exercises so far	Add weights in supine, side lying, standing as able Criteria to advance: Good stability of scapular muscles and no pain with resistance training so far	Rotator Cuff Strengthening 3x Week (to avoid overuse injury) Scapular Stabilizing 3x week April 2023

Any Questions? Please contact: Northwoods Therapy Associates Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060