



Centers for
Orthopaedics
Experience in Motion

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TOTAL SHOULDER ARTHROPLASTY

Includes Treatment for:

Hemi-Arthroplasty with intact rotator cuff

Post-op

0-3 Weeks ROM limited with external rotation to 45

Day 1

1. Pendulum exercises 3x/day minimum-taught at hospital and reviewed in outpatient setting
2. PROM all ranges

Day 2 Phase I

1. Pulley and wand exercises
2. Manual resisted scapular motions
3. Modalities as indicated

3-4 weeks

1. Progress AAROM/AROM as tolerated
2. Isometrics for shoulder musculature
3. Scapular stabilizing exercises

4-6 Weeks Phase II

1. Initiate Theraband exercises
2. Emphasis on quality of exercise with postural Education

DISCHARGE TO INDEPENDENT PROGRAM WHEN ROM PLATEAU REACHED