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