

Total Shoulder Arthroplasty Protocol

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Patient _____
 DOS _____

| | Week 1 Begin DOS | Week 2-6 | Week 7-12 | Months 3-12 |
|---|----------------------------|--|--|--|
| Passive Abduction | 0-75° no rotation | 0-75° no rotation | 0-90° rotation allowed, up to 40° | As tolerated |
| Passive Scaption | 0-120° | 0-140° | 0-160° | |
| Passive ER | 0-20° loose pack | 0-40° loose pack | 0-60° loose pack | |
| Passive IR | none | none | As tolerated | |
| Extension | none | none | As tolerated | |
| Sling | yes | D/C—wear for comfort only | | |
| PT visits/week | 1-3 | 1-3 | 1-3 | monitor |
| Exercises | PROM | Codman's | Isometrics ER/Abd | ROM Exercises 2x/day |
| <p>Note: Individual progression may vary. Follow MD's instructions</p> <p>Questions? Please contact: Northwoods Therapy Associates (715) 839-9266 Altoona, WI (715) 723-5060 Chippewa Falls, WI</p> <p>Reviewed September 2015</p> | | PROM | Progress to Theraband in 5 planes with elbow bent (flex, scap, abd, add, er) | Start IR/ Ext strengthening |
| | | Grip Strengthening | | |
| | | Joint Mobs (ant,post, inf) | Scapular Stabilizing Retraction, Depression Protraction, Shrugs Closed chain to open chain | Rotator Cuff Strengthening 3x/week (to avoid overuse injury) |
| | | Isometrics May start flex/ext if these are painless | | |
| | | AAROM-AROM All directions by week 6 | | |
| | | Elbow ROM Passive-Active Pronation/Supination | UBE | Scapular Stabilizing 3x/week |
| | | Criteria to Advance Minimal pain ROM improving No pain with resisted IR | Criteria to Advance Full painless ROM No pain with resisted IR | |