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Patient _____
 D.O.S. _____

Total Shoulder Arthroplasty

	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	0-30° until week 3, 30-50° weeks 3-6 loose pack position		0-60°, increase as tolerated loose pack position		
Passive IR	As tolerated, advance appropriately				
Extension	As tolerated, advance appropriately				
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, painfree	ROM Exercises 2x/day	
Note: Individual progression may vary. Follow MD's instructions Please contact Northwoods Therapy Associates with questions (715) 839-9266 Altoona, WI (715) 723-5060 Chippewa Falls, WI Reviewed September 2015	PROM		Progress Strengthening To resisted tubing in 5 planes with elbow bent (flex, scap, abd, add, er)	Start IR/ Ext strengthening	
	Grip Strengthening				
	Joint Mobs (ant, post, inf)		Isometrics May start Flex, Ext if these are painfree No isometric IR for 4 weeks	Scapular Stabilizing Retraction, Depression Protraction, Shrugs Closed chain to open chain	Rotator Cuff Strengthening 3x/week (to avoid overuse injury)
	AAROM-AROM All directions by week 6				
	Elbow ROM Passive-Active Pronation/Supination				
	Criteria to Advance Minimal pain ROM improving No pain with resisted IR		Criteria to Advance Full painless ROM No pain with resisted IR		