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 Altoona, WI 54720                      Chippewa Falls, WI 54729

Patient \_\_\_\_\_  
 D.O.S. \_\_\_\_\_

### Total Shoulder Arthroplasty

	<b>Week 1</b> Begin DOS	<b>Week 2-6</b>	<b>Week 7-12</b>	<b>Months 3-12</b>
<b>Passive Abduction</b>	0-75° no rotation	0-75° no rotation	0-90° rotation allowed, up to 40°	As tolerated
<b>Passive Scaption</b>	0-120°	0-140°	0-160°	
<b>Passive ER</b>	0-30° until week 3, 30-50° weeks 3-6 loose pack position		0-60°, increase as tolerated loose pack position	
<b>Passive IR</b>	As tolerated, advance appropriately			
<b>Extension</b>	As tolerated, advance appropriately			
<b>Sling</b>	yes	D/C—wear for comfort only		
<b>PT visits/week</b>	1-3	1-3	1-3	monitor
<b>Exercises</b>	PROM	Codman's	Isometrics ER/Abd, painfree	ROM Exercises 2x/day
<b>Note:</b> 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		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)	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 painfree No isometric IR for 4 weeks		
		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	
March 2024				