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TOTAL SHOULDER REPLACEMENT POST-OP PROTOCOL

0-2/13 Weeks

GOALS/PRECAUTIONS

(2-3x /week)

ROM:

No combined abduction w/ER
No UBE at all times
No active IR until wk 6/13

CLINICAL INTERVENTION

Home Exercise Program (HEP):

Safely simulate clinical program
Instruct in proper use of heat/ice

Range of Motion Goals:

FF: 0-90°, ABD: 0-45°, ER: 0-45°

THER EX:

AAROM/AROM/PROM

Elbow, wrist, hand ROM

Codman's/Pendulum

Pulley: assisted flexion

Wand: assisted ER to 30°

Scapular elevation and retraction

MANUAL TECHNIQUE:

Single plane gentle PROM

1. Avoid combined abduction/ER
2. Avoid active and resistive IR for first 4 weeks

TOTAL SHOULDER REPLACEMENT POST-OP PROTOCOL

2-4/13 Weeks **GOALS/PRECAUTIONS** **(2-3x/week)**

ROM: Emphasize TX on ROM

HEP:

Safe progression of HEP in conjunction w/clinical program

Range of Motion Goals:

FF: 0-135°, ABD: 0-45°, ER: 0-55°

THER EX:

AAROM

1. towel: exercises, except for IR
2. Wall climb to full flexion
3. Doorway: assisted ER (below 90° abduction)

Scapular elevation and retraction

PROM to tolerance

4-6/13 Weeks **GOALS/PRECAUTIONS/PT Rx** **(2-3x/week)**

HEP:

Safe progression of HEP

THER EX:

Range of Motion Goals:

FF: 0-180°, ABD: 0-90°, ER: 0-65°-20°

PROM

1. Progress PROM to full
 - Isometric strengthening for FF/ER/ABD
 - Initiate aquatics, if available

AROM all planes, except IR

6-8/13 Weeks **HEP:** **(2-3x/week)**

Safe progression as tolerated

THER EX:

A/PROM achieve full ROM in all planes

1. initiate AROM gravity eliminated
2. progress to anti-gravity
3. add light resistance as tolerated

Progress hand, elbow, wrist strengthening

Doorway self stretch Abduction w/ER @ wk 8/13

Isometric strengthening in all planes, including IR

Initiate aquatics, if available

