



Mercy Sports Medicine Institute &
Joint Preservation Center

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TOTAL SHOULDER ARTHROPLASTY

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Post-op Days 1 – 14

Sling for comfort, D/C after 4-5 days

– Sleep with pillow under shoulder / arm for comfort

Hand squeezing exercises

Elbow and wrist active motion (AROM)

Pendulum exercises

Active assisted motion (AAROM) supine with wand or pulleys

– Flexion to 120 degrees

– Abduction to 60 degrees

– ER to 30 degrees

Shoulder shrugs, scapular retraction without resistance

Ice pack

Goals

Pain control

AAROM Flexion to 120 degrees, Abduction to 60 degrees

Weeks 2 – 4

Continue appropriate previous exercises

May wear sling when out in public as needed for comfort

AAROM supine with wand or pulleys

– Flexion to tolerance

– Abduction to 90 degrees

– Gentle ER to tolerance

1-2 Finger Isometrics x 6 (fist in box)

Stationary bike

Goal – AAROM Flexion to 140 degrees, Abduction to 90 degrees

Weeks 4 – 6

Continue appropriate previous exercises

AAROM supine with wand or pulleys

– Abduction to 120 degrees, Flexion and ER to tolerance

UBE – Forwards and backwards at low resistance

Biceps and Triceps PREs with light weight

Treadmill – Walking progression program

Goal – AAROM Flexion to 160 degrees, Abduction to 120

degrees

Weeks 6 – 8

Continue appropriate previous exercises
AAROM (wand, wall climb, pulleys, doorway stretch) through full range
– IR with wand behind back
AROM through full range as tolerated
PROM / mobilization as needed to regain functional motion
Rotator cuff strengthening with light Theraband x 6
– Progress slowly with resisted IR
Standing rows with light Theraband
Prone scapular retraction ex without weight
Ball on wall (arcs, alphabet)
Push-ups against wall
Elliptical trainer
Pool walking / running

Goals

Full AAROM
Minimal compensatory motion

Months 2 – 3

Continue appropriate previous exercises with increased resistance
Body blade
Ball toss with arm at side
BAPS on hands
Push-ups against table
Stairmaster

Goals

Functional AROM
Normal rotator cuff strength

Months 3 – 6

Continue appropriate previous exercises
Light weight training
Swimming / Running as tolerated
Transition to home / gym program

Goal – Resume all recreational activities at 6 months