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TOTAL SHOULDER ARTHROPLASTY

General Guidelines

- Sling for 6 weeks, full time except in shower and therapy
- Can bend elbow, wrist, fingers fully after surgery
- Plan to work on rotator cuff strengthening for 12 months after surgery

Post-op Days 1 – 14

Goals: Pain control, full elbow/wrist/finger motion

- POD 3: Change dressing, keep wound covered
- POD 10-14: Sutures out
- Sling full time except in shower and therapy

Therapy:

Ice pack

Sling x 6 weeks – Even while sleeping

– Place pillow under shoulder / arm while sleeping for comfort

Hand squeezing exercises

Elbow and wrist active motion (AROM)

Pendulum exercises

Active assisted motion (AAROM) supine with wand or pulleys

– Flexion to 90 degrees

– Abduction to 90 degrees

– ER to 30 degrees

Shoulder shrugs, scapular retraction without resistance

Weeks 2 – 6

Goals: AAROM to 90 degrees

Therapy:

Continue sling x 6 weeks

Continue appropriate previous exercises

AAROM supine with wand

– Flexion to 90 degrees

– Abduction to 90 degrees

– ER to 30 degrees (**No ER beyond 30 to protect subscap**)

– IR to 60 degrees

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

Stationary bike in sling

Treadmill – Walking progression program

Weeks 6 – 9

Goals: Full AROM

Therapy:

D/C sling

Continue appropriate previous exercises

AAROM, AROM through full range

– Begin pulleys prn

– Wand behind back for IR

Rotator cuff strengthening with Theraband

– ER and IR arm at side with rolled towel in axilla

– Flexion to 90 degrees

– Abduction to 90 degrees

– Scaption to 90 degrees

– Extension to 45 degrees

Standing rows with Theraband

Resistive elbow / wrist exercises with light dumbbell

Push-up progression – Wall

Body Blade

Ball on wall (arcs, alphabet)

BAPS on hands

UBE – Forwards and backwards at low resistance

Elliptical trainer

Stairmaster

Pool walking / running – No UE resistive exercises

Months 2 -3

Goals: Ensure full motion, work on internal rotation and cuff strength

Therapy:

Continue appropriate previous exercises with increased resistance as tolerated

PROM / mobilization as needed to regain full ROM

Push-up against wall

Ball toss with arm at side using light ball

Treadmill – Running progression program

Months 3 - 6

Goals: Regain full cuff strength

Therapy:

Continue appropriate previous exercises

Weight training with light resistance

- No overhead press or pull downs behind head
- No dips
- No bench press

Months 4 - 6

Goals: Resume all activities

Therapy:

Continue appropriate previous exercises with progression of cuff strengthening

Transition to home / gym program

Will require up to 12 months of continued rotator cuff strengthening exercises

Shoulder Post Op Phase 1

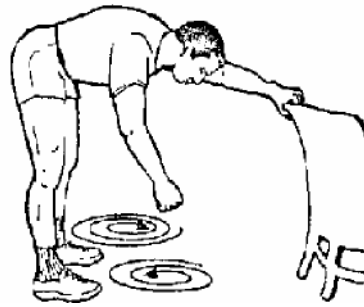
Perform exercises below frequently: 30 reps 3-5x a day



Grip Squeeze



Pendulum



Shoulder Shrugs

Ice x 10-15min 2-3 x per day

