

## **PRIMARY TOTAL SHOULDER ARTHROPLASTY**

### **Includes Treatment for:**

Hemiarthroplasty with intact rotator cuff

### **Postop:**

**0-3 Weeks ROM limited with external rotation to 45° and flexion to 90°**

#### **Begin Day 1:**

1. Pendulum exercises 3x/day minimum - taught at hospital and reviewed in outpatient
2. PROM all ranges within limitations
3. Light AAROM including pulley and wand exercises
4. Manual resisted scapular motions
5. Modalities as indicated

### **3-4 weeks**

1. Progress AAROM/AROM as tolerated
2. Isometrics for shoulder musculature
3. Scapular stabilizing exercises

### **4-6 Weeks**

1. Initiate Thera-Band exercises
2. Emphasis on quality of exercise with postural education

**DISCHARGE TO INDEPENDENT PROGRAM WHEN ROM PLATEAU REACHED**