

Robert Kollmorgen DO

## TOTAL SHOULDER ARTHROPLASTY

*Revised August 2017*

### **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

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### **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