



Mid-America Orthopedics

Dr. John Babb

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TOTAL SHOULDER REPLACEMENT

Day 7-41 (1-3 Visits/week, start PT at 1-week post-op)

- **Immobilization:** Remain in sling with pillow for 6 weeks.
- **NO resisted IR/backwards extension for 12 weeks post-op.**
- **NO active IR/backwards extension for 6 weeks post-op.**
- **NO ER ROM for 6 weeks**
- **Strength:** grip strengthening OK
- **ROM: PROM/AAROM/AROM**
 - **Day 7-13:** Flex 90, abd. max. 75 without rotation
 - **Day 14:** Flex 120, abd. max. 75 without rotation
 - Include joint mobilization for glenohumeral and scapulothoracic joints

Weeks 6-12 (1-3 Visits/week)

- **Immobilizer:** sling discharged
- **ROM:**
 - Begin AAROM/AROM for IR and backwards extension as tolerated
 - Progress all planes as tolerated (gentle stretching only)
- **Strength:** Begin resisted ER, FF, Abd.
 - Concentric motions only
 - Isometrics and Isotonics
 - **No scapular retractions with bands yet**

3 Months+

- **ROM:** should be full with passive stretching in all planes
- **Strength:** Begin resisted IR/backwards extension (both isometrics and isotonics)
 - Advance strengthening as tolerated
 - Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks

Progression within the time frames along with modality usage is left up to the discretion of the treating therapist. Please contact Dr. Babb if patient is struggling with PROM before their 6-week recheck appointment. If you have questions regarding this protocol, please contact (316) 630-9300.