

**Shoulder Arthroplasty Post-Operative
Rehabilitation Protocol**
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0-6 weeks after surgery:

1. Sling Usage - Patient should wear their sling at night for sleep and when out of the house during the daytime. When at home, it is ok to be out of the sling provided it is comfortable to do so. The patient should not use the arm we repaired to lift or carry anything, not use it to push or pull on anything and not use the arm to open doors or assist in getting up out of bed or out of a chair.
2. Range of Motion - Active ROM of the neck, fingers, hand, wrist and elbow through their full range of motion. Grip strengthening.
-Scapular squeezes/ low rows.
-PROM/AAROM: Week 1-3 - Scaption 90°, ER at side 20°, no IR behind back.
Week 3-6 - Flexion 120°, Abduction without rotation 75°, ER at side 40°, no IR behind back.

6-12 weeks after surgery:

1. Sling Usage - The sling can be discontinued.
3. Range of Motion - Continue Active ROM of the neck, fingers, hand, wrist and elbow through their full range of motion.
-Scapular squeezes/ low rows.
-PROM/AAROM: Increase Flexion, Abduction, ER at side and ER in Abduction as tolerated. Begin IR behind back as tolerated
2. Strengthening - Begin light resisted ER, flexion & abduction - concentric motions only, NO resisted IR or extension.

12-16 weeks after surgery:

1. Range of Motion - This is generally unrestricted by this time.
2. Strengthening - Begin resisted IR and extension, advance strengthening as tolerated for all motions both concentric and eccentric.