Total Shoulder Arthroplasty and Reverse Total Shoulder Arthroplasty

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Patient______
DOS______

	Weeks 0-6	Weeks 6-12	Weeks 12+
Sling	Yes for 6 weeks	Discharge at 6 weeks	
	Can remove ABD pillow at 4 weeks for Reverse TSA		
PROM Flexion	130° for weeks 0-3, then advance as tolerated	Advance PROM and AAROM in all planes	Advance ROM as tolerated
AAROM Flexion	Begin in supine		
	130° for weeks 0-3, then advance as tolerated		
PROM ER	0-25° for weeks 0-3, then advance as tolerated		
AAROM ER	0-25° for weeks 0-3, then advance as tolerated		
AROM	None	Flexion in supine with elbow flexed]
		Forward flexion raising arm from table top	
		Gradually progress from supine to standing	
		Progress flexion, extension, abduction, and internal rotation	
Exercises	Codman/Pendulum	CKC exercises	Flexibility exercises
*PT 2-3x week for 12 weeks	Scapulothoracic mobilization all planes and Anterior/Posterior/Inferior GH Mobilization	Theraband exercises for flexion, extension, and external rotation	Isotonics
Please provide notes for review at 6 and 12 weeks	Deltoid isometrics (flex/ext/Abd/ER) (IR if reverse TSA)	Light resistive exercises	Increase resistive exercises Start with light weights and advance as
	Elbow, wrist, and hand AROM	Sidelying ER Bent or Prone Rows, Extension Bicep/Tricep Isotonics	tolerated Progress to full independence with ADLs
	Pulley Table Flexion Motion Ranger	UBE	and functional muscle strength and coordination
	Swill Ball Roll		

Any Questions? Please contact: Northwoods Therapy Associates

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