## **Total Shoulder Arthroplasty**

Dr. John Berschback
Chippewa Valley Orthopedics & Sports Medicine
1200 OakLeaf Way, Suite A
Altoona, WI 54720

Chippewa Falls, WI 54729

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)	Light resistive exercises	Increase resistive exercises
	(IR if reverse TSA)	Sidelying ER	Start with light weights and advance as tolerated
	Elbow, wrist, and hand AROM	Bent or Prone Rows, Extension Bicep/Tricep Isotonics	Progress to full independence with ADLs
	Pulley Table Flexion	UBE	and functional muscle strength and coordination
	Motion Ranger		Coordination
	Swill Ball Roll		

Any Questions? Please contact: Northwoods Therapy Associates

Altoona, WI Chippewa Falls, WI (715) 839-9266 (715) 723-5060

July 2020