

Dr. Mark McCarthy

Chippewa Valley Orthopedics & Sports Medicine

1200 OakLeaf Way, Suite A

Altoona, WI 54720

757 Lakeland Drive, Suite B

Chippewa Falls, WI 54729

Patient _____

D.O.S. _____

Total Shoulder Replacement

	0-4 WEEKS Begins on DOS	4-6 WEEKS	6-8 WEEKS	8-12 WEEKS	WEEK 12+	
FLEXION	PROM	Begin AAROM	Begin AROM, progress as tolerated			
ABDUCTION	PROM	Begin AAROM	Begin AROM, progress as tolerated			
EXTENSION	PROM	PROM	Begin AAROM/AROM, progress as tolerated			
ER	PROM to 45	Begin AAROM to 45	Begin AROM, progress as tolerated			
IR	PROM	PROM	Begin AAROM/AROM, progress as tolerated			
IMMOB/SLING	On at all times	Daytime only	Wean			
P.T. visits/week	2-3	2-3	2-3	1-3	1-3	
EXERCISES	AROM (cervical, elbow, wrist, hand)					
	Passive Pendulums	Posterior capsule joint mobilizations				
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060 May 2020	<ul style="list-style-type: none"> PT visits/week may vary Individual exercise progression may vary Return to sport/work by MD only. 	Scapular retraction/Depression	Resisted scapular retraction			
		Cuff and Deltoid isometrics	Light resisted ER, flex, abd	Resisted IR and Ext		
			UBE			Closed Chain Scapular rehab
						Functional rotator cuff strengthening focusing on anterior deltoid and teres
						Maximize Scapular stabilization