

## PRIMARY TOTAL SHOULDER ARTHROPLASTY

### Includes Treatment for:

Hemiarthroplasty with intact rotator cuff

### Postop:

#### 0-3 Weeks

**ROM limited with external rotation to 45° and flexion to 90 °**

Begin Day 1:

1. Pendulum exercises 3x/day minimum - taught at hospital and reviewed in outpatient
2. PROM all ranges within limitations
3. Light AAROM including pulley and wand exercises
4. Manual resisted scapular motions
5. Modalities as indicated

#### 3-4 weeks

1. Progress AAROM/AROM as tolerated
2. Isometrics for shoulder musculature
3. Scapular stabilizing exercises

#### 4-6 Weeks

1. Initiate Thera-Band exercises
2. Emphasis on quality of exercise with postural education

**DISCHARGE TO INDEPENDENT PROGRAM WHEN ROM PLATEAU REACHED**