

Postoperative Rehabilitation after Total Shoulder Arthroplasty

Anticipated Duration of Therapy: 8-10 weeks with 2-3 visits per week

Weeks 1-6:

- **Start Physical Therapy 1-2 weeks after surgery**
- Pendulum exercises along with elbow, wrist, and hand range of motion
- Sling should be worn during the first 4 weeks. This may be removed when not moving and active. The patient should sleep with the sling on during this time.
- Patient can stop using the sling after 4 weeks.
- **NO external rotation past neutral**, no pushing self up or pulling self up with surgical arm.
- Passive range of motion, Active assist range of motion, and Active range of motion allowed within pain free range (except external rotation – NO external rotation past neutral)
- No resistance to rotator cuff or deltoid, but begin scapular stabilization exercises
- Home stretching (wand and/or pulley, etc.)

Weeks 6-12:

- External rotation beyond neutral allowed
- NO external rotation or internal rotation resistance at any time
- Non-ER and non-IR resistance allowed at 8 weeks if satisfactory range of motion achieved

6 Months: Unrestricted activity (No power lifting)

POSTOPERATIVE CLINIC APPOINTMENTS WITH DR. KILIAN:

- 2 weeks postoperatively – surgical incision check, out of sling at 4 weeks
- 6 weeks postoperatively – progress with therapy using protocol
- 3 months postoperatively
- 6 months postoperatively
- 1 year postoperatively
- 2 years postoperatively
- 5 years postoperatively
- 10 years postoperatively
- 15 years postoperatively
- 20 years postoperatively