

POST-OP Total Shoulder Arthroplasty Instructions and Therapy Protocol

Dr. Erik J Carlson
Active Orthopaedics
Middlebury, CT

Office Contact Number: 203-758-1272

Instructions

- ✓ Use the supplied sling at all times unless performing therapy exercises as directed by the protocol supplied to you
- ✓ Use your **R L** hand for light activities only that can be performed while in a sling .
- ✓ For bathing, after removal of the dressing, you may shower. **DO NOT** use the **R L** arm for washing. Be gentle. Sudden movements or actively moving the arm away from the body can disrupt the surgical repair.

Dressing

- ✓ Keep your dressing clean and dry. Cover for washing until it is removed.
To reduce the risk of infection:
 - **DO NOT soak the wounds for prolonged periods (ie no swimming, baths, etc).**
 - **DO NOT apply any antibiotic or other ointments, gels, or creams**
 - **Call the office if there is persistent drainage from the surgical wounds after removal of the dressing.**

Medications

- ✓ Please take the prescribed medication as directed. Do not drive while taking narcotic pain medication.

Follow-Up

- ✓ Please make an appointment to see me back in the office approximately 14 days from surgery. The dressing and sutures will be removed at that time.

Other Notes / Instructions

THANK YOU FOR YOUR COOPERATION IN THE POST-OP PERIOD

Total Shoulder Arthroplasty Post-Op Therapy Instructions

Dr. Erik J Carlson
Active Orthopaedics
Middlebury, CT

Office Contact Number: 203-758-1272

Patient Name _____ Date of Surgery _____

Diagnosis _____ Surgery _____

Week 0-2: Goals = Control pain, promote healing of the incision

- Stay in sling at all times except while performing exercises as below
- Wean off of prescribed pain medication
- Week 2 ROM goals: 90 forward flexion, 20 ER at side, Abduction to 75
- Sutures out at 2 weeks

Exercises to perform 4-5 x day, 7 days/week

- Elbow, wrist, hand ROM
- Pendulums
- *Stay in sling when not performing exercises*

Week 2-6: Goals = Promote healing, prevent stiffness

- Progressive gentle PROM → AAROM → AROM
- Week 3-4 ROM goals: 120 forward flexion, 40 ER at side, Abduction to 75
- **But, NO active IR/backward extension x 6 weeks to protect Subscap repair**
- *Stay in sling when not performing exercises*

Weeks 6-12: Goals = Improve ROM end range, begin strengthening

- Wean off sling
- Begin AAROM → AROM for IR and backwards extension as tolerated
- Gentle passive stretching at end ranges
- Strengthening: begin light resisted ER/forward flexion/Abd: isometrics and bands
- Modalities as indicated per PT discretion

Week 12+: Goals = Regain full ROM, Strengthen muscles

- Begin resisted IR and backwards extension: isometrics → bands → weights
- Advance strengthening as tolerated
- Continue passive stretching to increase ROM to full
- May begin eccentric, plyometrics, closed-chain