

Total Shoulder Arthroplasty or Resurfacing (anatomic)
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**** Please keep in mind, these are guidelines only. Other than specifics regarding slingwear and specific limitations, I trust your expertise to provide the best treatment strategy for my patients** if there are any questions don't hesitate to contact me.**

Phase 1: Immediate Post-Surgical Phase (0-4 weeks)

GOALS:

- Allow healing of soft tissue and maintain integrity of replaced joint
- Gradually increase shoulder PROM and increase AROM of elbow, wrist and hand
- Reduction of pain, inflammation, and muscular inhibition
- Independence with ADLs with modifications not to disrupt integrity of replaced joint

PRECAUTIONS:

- Proper sling use for 4 weeks even while sleeping
- PROM should be gradual and never forced (avoid pain or pinching)
- Limit use of involved UE: Avoid shoulder AROM and avoid lifting objects
- Towel roll placed underneath arm to avoid humeral extension for ROM & sleeping
- Do NOT bear weight through involved extremity
- No driving for 6 weeks

Phase 2: Early Strengthening Phase (4-6 weeks)

GOALS:

- Restore PROM and gradually progress AROM
- Control pain and inflammation
- Allow continual healing of soft tissue and avoid overstress
- Reestablish dynamic glenohumeral stability

PRECAUTIONS:

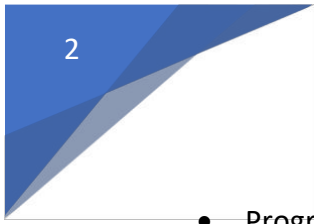
****If glenoid bone loss and posterior instability a concern AVOID shoulder IR**

- Avoid sudden jerky movements and avoid heavy lifting (no heavier than coffee cup)
- Proper sling use for 6 weeks even while sleeping
- PROM should be gradual and never forced (avoid pain or pinching)
- Towel roll placed underneath arm to avoid humeral extension for ROM & sleeping
- Do NOT bear weight through involved extremity
- No driving for 6 weeks

Phase 3: Moderate Strengthening Phase (6-12 weeks)

GOALS:

- Gradual restoration of shoulder strength, power, and endurance



- Progressive return to functional activities with involved UE
- Optimize neuromuscular control

PRECAUTIONS:

****If glenoid bone loss and posterior instability a concern AVOID shoulder IR**

- No heavy lifting of objects (no heavier than coffee cup)
- No quick or sudden movements
- Avoid sudden lifting or pushing activities
- Do NOT bear weight through involved extremity
- Towel roll placed underneath arm to avoid humeral extension for ROM & sleeping

CRITERIA TO DISCHARGE FROM SKILLED THERAPY

1. Patient maintains nonpainful AROM with proper scapulohumeral rhythm
2. Maximized functional use of upper extremity
3. Maximized muscular strength and endurance
4. Patient has returned to daily functional activities