



**REHABILITATION GUIDELINES FOR
TOTAL SHOULDER ARTHROPLASTY (WITH TUBEROSITY REPAIR)**

<p>Appointments</p>	<ul style="list-style-type: none"> • Physical therapy for 1-2 visits prior for training on devices, home program <ul style="list-style-type: none"> ○ Start elbow and hand ROM immediately ○ Ensure patient receives education on pendulums to start at 3 weeks post-op • Start physical therapy at 6 weeks post-op
<p>Rehabilitation Goals</p>	<ul style="list-style-type: none"> • Return to painfree ADL's
<p>Precautions</p>	<ul style="list-style-type: none"> • Non-weight bearing on the affected extremity for 12 weeks • No passive ER beyond neutral or resisted IR for 12 weeks
<p>Suggested Therapeutic Exercises</p>	<p>6 weeks post-op</p> <ul style="list-style-type: none"> • Start PROM in all planes (within restrictions), scapular control exercises, pendulums, elbow and hand ROM • Advance to AAROM/AROM at 8 weeks <p>12 weeks post-op</p> <ul style="list-style-type: none"> • Start strengthening, working from gravity assisted positions and eventually progressing to resistance strengthening. Focus on deltoid and teres major/minor exercises.