

Advanced Orthopedics and Sports Medicine

Primary Total Shoulder Arthroplasty-RC intact

Treatment Guideline for Dr.McChesney

Phase in Rehabilitation		IPSP		PP	IP		ASP	RAP
Weeks after surgery		0-2 wk	2-4 wk	4-6 wk	6-8wk	8-12wk	3-12 mos	12-18 mos
PROM/	Flexion	120	140	140	160	160	160	160
AROM	Abduction (scapular plane)	75	75	75	90	100	100	100
Goals	IR/ER	20/NA	40/10	40/20	40/60	70/60	70/60	70/60
Modalities	Heat (Superficial/Deep)	x	x	x	x	PRN	PRN	PRN
	Cold	x	x	x	x	PRN	PRN	PRN
	Electrical Stimulation	x	x	x	x	PRN	PRN	PRN
	Joint Mobs/MFR	MFR	MFR	MFR	Mob/MFR	Mob/MFR	Mob/MFR	Mob/MFR
ROM and Stretching	Neck ROM	x	x	x	x	x	x	x
	Neck Stretching	x	x	x	x	x	x	x
	Shoulder PROM	x	x	x	x	x	x	x
	Shoulder AAROM			x	x	x	x	x
	Shoulder AROM				x	x	x	x
	Capsular Stretching					x	x	x
Submax pain free	Shoulder isometrics			x	x	x	x	x
	Scapular Isometrics			x	x	x	x	x
	Rhythmic stabilization			x	x	x	x	x
Strength	Isotonic exercises				x	x	x	x
	Functional Strengthening						x	x
Other Joints	Elbow/Wrist ROM	x	x	x	x	x	x	x
	Elbow/Wrist Strength	x	x	x	x	x	x	x
Brace	sleeping in sling	x	x	x				
	Discontinue sling				x	x	x	x
Sports	Swimming						x	x