

Dr. Mark McCarthy

Chippewa Valley Orthopedics & Sports Medicine
 1200 OakLeaf Way, Suite A Altoona, WI 54720
 757 Lakeland Drive, Suite B Chippewa Falls, WI 54729

Patient _____
 D.O.S. _____

Total Shoulder Replacement

| | 0-4 WEEKS Begins on DOS | 4-6 WEEKS | 6-8 WEEKS | 8-12 WEEKS | WEEK 12+ | |
|---|--|---------------------------------------|---|--|----------|--|
| FLEXION | PROM | Begin AAROM | Begin AROM, progress as tolerated | | | |
| ABDUCTION | PROM | Begin AAROM | Begin AROM, progress as tolerated | | | |
| EXTENSION | PROM | PROM | Begin AAROM/AROM, progress as tolerated | | | |
| ER | PROM to 45 | Begin AAROM to 45 | Begin AROM, progress as tolerated | | | |
| IR | PROM | PROM | Begin AAROM/AROM, progress as tolerated | | | |
| IMMOB/SLING | On at all times | Daytime only | Wean | | | |
| P.T. visits/week | 2-3 | 2-3 | 2-3 | 1-3 | 1-3 | |
| EXERCISES | AROM (cervical, elbow, wrist, hand) | | | | | |
| | Passive Pendulums | Posterior capsule joint mobilizations | | | | |
| Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060 May 2020 | <ul style="list-style-type: none"> PT visits/week may vary Individual exercise progression may vary Return to sport/work by MD only. | Scapular retraction/Depression | Resisted scapular retraction | | | |
| | | Cuff and Deltoid isometrics | Light resisted ER, flex, abd | Resisted IR and Ext | | |
| | | | UBE | | | |
| | | | | Closed Chain Scapular rehab | | |
| | | | | Functional rotator cuff strengthening focusing on anterior deltoid and teres | | |
| | | Maximize Scapular stabilization | | | | |