

Official Health Care Partner



UAB MEDICINE

ORTHOPAEDIC SURGERY

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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – TOTAL SHOULDER ARTHROPLASTY ANATOMIC

Sling for 6 weeks

PHASE 1 (Quiet)

Weeks 0-2

WB status: NWB upper extremity

Motion: Focus on elbow/wrist/hand motion

Begin active scapular retraction/protraction exercises with therapist cueing

Use modalities to decrease pain and inflammation

PHASE 2 (Passive)

Weeks 2-6

WB status: NWB

Motion: Passive Supine ER to 0 degrees, Passive Supine forward elevation to 90 degrees; no internal rotation

PHASE 3 (Active)

Weeks 6-12

WB status: up to 5 lbs

Motion: Active and active assisted forward elevation and internal rotation progress slowly to full

Limit ER to 30 degrees

PHASE 4

Weeks 12-24

WB status: WBAT

Motion: Allow full passive, active-assisted, and active ROM

Allow strengthening as tolerated