



Paul J. Cagle, M.D.  
ShoulderDoctorNYC.com

## TOTAL SHOULDER ARTHROPLASTY POSTOPERATIVE PROTOCOL

### 0-2 Weeks

- Sling immobilization is utilized for 6 weeks - sling is only removed for hygiene, showering and therapy
- Begin passive elbow motion
- Begin passive shoulder motion with forward elevation to 130 degrees and external rotation to 30 degrees - Avoid active internal rotation
- Begin active motion of the wrist and hand
- Return visit to the office for a 2 week visit

### 2-6 Weeks

- Sling immobilization is utilized for 6 weeks - sling is only removed for hygiene, showering and therapy
- Continue passive shoulder motion with forward elevation to 130 degrees and external rotation to 30 degrees - Avoid active internal rotation
- Continue passive and begin active-assisted range of motion of the elbow
- Continue active motion of the wrist and hand
- No shoulder strengthening exercises
- Return visit to the office for a 6 weeks visit

### 6-12 Weeks

- Discontinue sling immobilization
- Active range of motion of elbow, wrist and hand
- Begin active shoulder range of motion in all planes with no motion restrictions - Progress to regain full range of motion
- No shoulder strengthening exercises
- Return visit to the office for a 12 week visit

### 3-6 Months

- Continue active range of motion of elbow, wrist and hand
- Continue active shoulder range of motion in all planes with no motion restrictions and maintain full range of motion
- Begin Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises - Advance strengthening exercise as tolerated
- Return visit to the office for a 6 months visit

*This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.*