

- **Total Shoulder Arthroplasty**
- **Hemiarthroplasty**

Post-op protocol for
Mathew Taylor, M.D.



Sling Use:		Sling for 4 weeks: PROTECT THE SUBSCAPULARIS! OK to remove to: shower, change clothes, do physical therapy or eat
Phase I: (Passive)	Week 1-4	<ul style="list-style-type: none"> • Pendulums to warm-up • Passive Range of Motion • Supine External Rotation – 30 degrees or per Dr.'s orders • Supine Forward Elevation –130 degrees or per Dr.'s orders • Internal Rotation to belt line starting at week 3
Phase II: (Active/Assistive)	Week 5 & 6	<ul style="list-style-type: none"> • Pendulums to warm-up • Active Assistive Range of Motion with Passive Stretch to FULL ROM • ***Push to FULL ROM with hold and relax technique • Scapular mobilization • Supine-Seated External Rotation – Gradually increase to full • Supine-Seated Forward Elevation – Full • Internal Rotation – Gradually increase to full
Phase III: (Resisted)	Week 7	<ul style="list-style-type: none"> • Pendulums to warm up and continue with phase 2 • External and Internal Rotation • Standing forward punch • Rows • Bicep Curls • PRE's for Periscapular Strengthening • HEP
Weight Training:	Week 12	<ul style="list-style-type: none"> • Keep hands within eyesight • Keep elbows bent • Minimize overhead activities (Very light weight for: Military press, pulldown behind head, or wide grip bench)
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	4 months	Golf, Tennis