

# Total Shoulder Replacement Protocol

Mark D. Scholl, MD

## Week 1

- Sling when sleeping or walking outside.
- OK to use hand in the sling for computer keyboard, turning pages, eating.
- Pendulums.
- Elbow, wrist, hand ROM.

## Weeks 1-4

- Sling when out of home or traveling, and for sleeping.
- OK to use hand out of the sling for functional tasks such as typing, eating, telephone usage.
- PROM and AARDM supine for flexion as tolerated, abduction to 90°, and ER to 35°.
- Postural work, upper trapezius relaxation, active scapular retraction and depression.
- Encourage a walking program.

## Weeks 4-6

- Discontinue sling use as tolerated.
- PROM and AAROM working toward full motion as tolerated.
- AROM beginning supine and progressing to upright.
- Isotonic strengthening starting with theraband for rotator cuff (Supraspinatus, Infraspinatus, and Teres only).
- OK to drive an automatic transmission.
- Isometrics

## Weeks 6-16

- Isotonic strengthening subscapularis. Begin light and progress as tolerated.
- Swimming OK.
- Driving a standard transmission OK.

## 4 Months

- Return to sports such as golf and fly fishing.

## 6 Months

- Return to sports such as tennis, boating, skiing.



801-424-5042

4888 S. Highland Drive  
Salt Lake City, UT 84117

EnduranceOrtho.com

9350 S. 150 E., Suite 460  
Sandy, UT 84070