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Patient Name:

Date:

Date of Surgery:

Shoulder Rehabilitation:
Total Shoulder Arthroplasty

STAGE I : PASSIVE AND ASSISTED RANGE OF MOTION

Week 1 : Pendulum exercises
 Passive supine Forward Flexion
 Assisted supine Forward Flexion
 Assisted ER to neutral
 Assisted Extension

Week 2 : All Week 1 exercises plus:
 Assisted horizontal ER (supine)
 Assisted horizontal ADD, ABD
 Passive IR
 Isometrics – ER, posterior and middle Deltoid

STAGE II : ACTIVE RANGE OF MOTION AND MUSCLE

Week 3 : All Week 1-2 exercises plus:
 Active supine Forward Flexion with Elbow flexed
 Active Forward Flexion raising arm from table top
 Gradual increase of activities from supine to vertical position
 Progress to Active Flexion, Extension, ABD and ER

Week 4 : All exercises above plus:
 Begin Active IR
 Gradual increase of Active ROM exercises
 Theraband exercises for Flexion, Extension, ER
 Light Resistive exercises

STAGE III : FINAL STRENGTHENING

Month 3 : Increase Resistive exercises
Month 4 : Begin Resistance exercises using weights

GOALS : 90 degrees of Active Elevation by 4 months post-op.
Over 90 degrees of Active Elevation by 6 months post-op.
Rehabilitation should be continued for one year.
Expected pain relief is good.
Improvements in strength and range of motion are variable.

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD