**PRIMARY TOTAL SHOULDER ARTHROPLASTY**

**Includes Treatment for:**

Hemiarthroplasty with intact rotator cuff

**Postop:**

**0-3 Weeks ROM limited with external rotation to 45º and flexion to 90 º**

Begin Day 1:

1. Pendulum exercises 3x/day minimum - taught at

hospital and reviewed in outpatient

2. PROM all ranges within limitations

3. Light AAROM including pulley and wand exercises

4. Manual resisted scapular motions

5. Modalities as indicated

**3-4 weeks** 1. ProgressAAROM/AROM as tolerated

2. Isometrics for shoulder musculature

3. Scapular stabilizing exercises

**4-6 Weeks** 1. Initiate Thera-Band exercises

2. Emphasis on quality of exercise with postural education

**DISCHARGE TO INDEPENDENT PROGRAM WHEN ROM PLATEAU REACHED**