

POST-OPERATIVE INSTRUCTIONS:  
PHYSICAL THERAPY PROTOCOL – TOTAL SHOULDER  
REPLACEMENT

HOSPITAL: Teach Pendulum of affected shoulder, AROM of affected wrist and elbow. To be done 3x daily. Teach underarm hygiene to be done once daily.

WEEK 1-2: Continue above. Start PROM. Limit ER to neutral.

WEEK 3-4: Continue above. Start AROM. Limit ER to neutral. Discontinue sling by 4 weeks.

WEEK 4-6: Continue above. Start AROM without restrictions.

WEEK >6: Continue above. Start PRE.