

Physical/Occupational Therapy Prescription

Name: _____ Date of Birth: _____

Diagnosis: Glenohumeral Osteoarthritis Code: M19.019

Procedure: Total Shoulder Arthroplasty Surgery Date: _____

Instructions:

Range of motion:

- Ok to discontinue sling for day to day use immediately, continue sling in unpredictable situations until six weeks post-operatively.
- For the first six weeks post-operatively, home exercise program only, three times a day. Focus on:
 - o regaining active forward elevation (pulleys, wall climbs, table slides, etc.)
 - o regaining active external rotation using active external rotation exercises.
- At six weeks, ok to begin gentle active assisted motion, progressing to passive stretching.
- No external rotation passive stretching until twelve weeks post-operatively.
- No internal rotation or extension for the first twelve weeks post-operatively.

Range of motion goals:

- 2 weeks: 120° forward elevation, 20° external rotation
- 6 weeks: 150° forward elevation, 45° external rotation

Strengthening:

- Do not begin strengthening until six weeks post-operatively.
- Five pound lifting restriction for the first six weeks post-operatively.
- Begin strengthening at six weeks post-operatively, starting with isometrics and progressing to bands and then weights, with a focus on the scapular stabilizers, rotator cuff, and deltoid.
- Ten pound lifting restriction from weeks six to twelve post-operatively.

Limitations:

- For the first twelve weeks post-operatively:
 - o Do not reach behind the back into internal rotation.
 - o No lifting of more than 5 lbs.
 - o Do not use the operative arm to push-off.

Ok to return to light athletic activities at three months if full range of motion has been recovered, heavier athletic activities at four months.

Modalities

Heat before and ice after therapy.

Frequency: 2-3 times/week Duration: 6 weeks

Signature: _____ Date: _____

Peter Chalmers, MD | June, 2018