

**Shoulder Arthroplasty
Standard, Reverse or Hemiarthroplasty for Fracture
Dr. Gaudelli**

PHYSIOTHERAPY PRESCRIPTION:

Note: a biceps tenodesis accompanies procedure – no active biceps use for 6 weeks

0-6 Weeks: Sling Immobilization
Active ROM Elbow, Wrist and Hand
No Pendulums,
Supine forward flexion to 90 degrees
Limit ER to 0 degrees
Scapular Stabilization exercises

6-12 Weeks: Discontinue Sling
Advance to Active Assisted ROM Shoulder and then Active ROM
with no restriction
Physioball Scapular Stabilization
Isometric exercises
Start deltoid isometrics
Isotonic exercises Elbow, Scapula

12+ Weeks: Active ROM Shoulder
Progressive strengthening