

**Shoulder Arthroplasty  
Dr. Beuerlein**

**PHYSIOTHERAPY PRESCRIPTION:**

- 0-2 Weeks: Sling Immobilization  
Active ROM Elbow, Wrist and Hand
- 2-6 weeks Discontinue sling  
Pendulums,  
Start gentle ROM  
Scapular Stabilization exercises
- 6-12 Weeks: 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