

MATTHEW J. DUBIEL M.D.

SHOULDER AND ELBOW SURGERY

ANATOMIC SHOULDER ARTHROPLASTY

	ROM	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	No shoulder motion/exercises until after your first post-operative visit	0-6 weeks: Worn at all times day and night. Off for hygiene and gentle exercise only	0-6 weeks: Elbow/Wrist/Hand ROM at home
PHASE II 6-12 weeks	Begin active/active assisted IR and extension as tolerated	None	Start 6 week exercises-See handout 6-8 weeks: Begin light resisted ER, forward flexion and abduction; closed chain scapula 8-12 weeks: Begin resisted IR, extension and scapular retraction
PHASE III 12-24 weeks	Progress to full without discomfort	None	Advance strength training as tolerated Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres Maximize scapular stabilization

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