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### **Total Shoulder Arthroplasty**

#### **0-2 weeks:**

Sling: Worn at all times day and night and off for gentle exercise only

Motion: Grip strengthening, pendulum exercises, elbow/wrist/hand ROM at home

#### **2-4 weeks:**

Sling: Worn at all times day and night and off for gentle exercise only

Motion: Begin cuff and deltoid isometrics, limit ER to 30

#### **4-12 weeks:**

Sling: Discontinue sling at 6 weeks

Motion:

- 4-8 weeks: begin light resisted ER, forward flexion and abduction; closed chain scapula
- 8-12 weeks: begin resisted IR, extension and scapular retraction

#### **12-24 weeks:**

Motion: Progress to full activity without discomfort and advance strengthening as tolerated with closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres

Please call with questions or concerns at the phone number above.