



Carrie Baxter; PT

Brent Brittain; PT

Heather Martens; PT

Anita Khokhar; PTA

1818 E. 23rd Avenue . Hutchinson, KS 67502-1106 . Phone 620-665-7766 . Fax 620-662-2811

Total Shoulder Protocol

- Post- op 0-3 days
 - Wrist ROM
 - Grip Strengthening
 - PROM and AAROM
 - Pendulum exercises, Pulley
 - Assisted forward elevation to 140 degrees
 - Assisted ER in supine to 40 degrees

- Post-op 10-14 days
 - Prohibit resisted IR, and unprotected ER to protect subscapularis

- Post-op 6 wks
 - Improve Strength,
 - Active ROM
 - Advance ROM as tolerated

- Goals: Patients will continue to improve with regards to strength and function for 18-24 months
 - Active Forward elevation 140 degrees
 - Active ER 45 degrees
 - Active IR behind back T12 level