

ANATOMIC TOTAL SHOULDER REPLACEMENT PROTOCOL: DR. DAVID ADKISON

THINGS YOU NEED TO KNOW

- 1. The rotator cuff was not violated, including the subscapularis. Full ROM is safe as tolerated beginning postop day 1.**
- 2. The only repair that has to be protected is the mini split anterior deltoid repair back to the anterior acromion, which was done with minimal tissue tension. Only restrict resisted forward elevation (more than 10 lbs of weight) for 4-5 weeks.**

ACUTE SURGICAL STAGE

Goals Allow early healing of capsule
 Increase passive and active range of motion
 Decrease shoulder pain
 Retard muscle atrophy and prevent RTC inhibition

POD 1 TO DISCHARGE

Sling for comfort and sleep if desired

EXERCISES: Passive Range of Motion (all planes)
 Gentle Active-Active Assisted Range of Motion (all planes)
 Increasing to full active unrestricted motion
 Isometrics (submaximal) -Abductors, IR/ER, Elbow Flexors
 Pendulum Exercises
 Elbow/Wrist/Hand Range of
 Motion Gripping Exercise for Hand
 Ice as Needed for Pain Control
 SUPINE SCAPULA MOBILIZATION

ADL TRAINING:

Instruct in dressing and bathing

PRECAUTIONS:

Protect anterior deltoid repair only.
No other restrictions