

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Shoulder OA \_\_\_\_\_ Code: \_\_\_\_ M19.01 \_\_\_\_\_

Procedure: \_\_\_\_\_ Anatomic Shoulder Replacement \_\_\_\_\_ Surgery Date: \_\_\_\_\_

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**In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.**

*Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.*

**Phase I: Protect the Subscapularis (0 to 4 weeks)**

- Patient may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum
- Sling should be worn at all times for 4 weeks except while showering and getting dressed
- OK for Immediate elbow, forearm and hand range of motion out of sling
- Do not lift anything with the surgical arm

**Phase II: Passive and Active ROM (4 weeks to 10 weeks)**

- Discontinue sling
- Lifting restriction of 10 lbs
- Home exercise program -- Start 3 times per day:
  - Weeks 4-6:
    - Passive range of motion only
    - Pendulum exercises
    - Active Assisted ROM (AAROM): pulleys in scapular plane FE to 140° and ER to 30°
    - Supine AAROM into flexion and ER with above limits
  - Weeks 6-10:
    - Advance active range of motion
    - Maintain ER limit of 40° until 10 weeks.
    - Advance forward elevation as tolerated
- Protect the subscapularis repair
  - Limit ER to 40°
  - No resisted IR
  - Avoid extension of shoulder and reaching behind back
- Scapular stabilizer strengthening
- Isometric rotator cuff strengthening. No IR strengthening or resistance until 10 weeks

**Phase III: Strengthening (>10 weeks)**

- Advance shoulder ER range of motion as tolerated (light stretching only)
- Initiate subscapularis strengthening (resisted IR and extension)
- Advance shoulder and rotator cuff strengthening as tolerated
- Incorporate low level functional activities at 3 months
  - Swimming, water aerobics, light tennis, jogging
- Start higher level activities at 4 months
  - Tennis, light weight training, golf
- Initiate functional progression to sports specific activities at 4 months

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature \_\_\_\_\_