



THE ARMDOC

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SHOULDER REPLACEMENT

	Post op
Day 1-3 Weeks	<ul style="list-style-type: none"> • Sling 4 weeks, remove for ADLs at 2 weeks • Gentle active assisted exercises (limiting external rotation) • Scapula setting & axillary hygiene • Neck, elbow, wrist & hand exercises
3-6 Weeks	<ul style="list-style-type: none"> • Progress AAROM • Assisted stretches in all directions – care with external rotation • Begin proprioceptive exercises
6 Weeks +	<ul style="list-style-type: none"> • Push stretches • Progress to active movement and resisted as able

Milestones	
Week 3	Comfortably out of sling for ADLs
Week 6	Sling discarded, increasing active and passive movement
Week 12	Improving strength

Return to Functional Activities

Driving	6 weeks
Swimming	6 weeks
Lifting	3 months +
Work	Sedentary – 3-6 weeks Manual - 3 months +

NB

The Delta or reverse geometry prosthesis mechanically compromises the amount of rotation available post surgery but should have a greater ability to recover RC function and strength

PHYSIOTHERAPY FOLLOW UP RECOMMENDED WITHIN 2 WEEKS