



**DR CHEN TU PROTOCOL  
TOTAL SHOULDER REPLACEMENT**

	<b>Post op - check op note for variations of sling use &amp; indication for surgery</b>
<b>Day 1-4 Weeks</b>	<ul style="list-style-type: none"> <li>• Sling 3-4 weeks; can remove for light ADLs (keeping arm close to the body from 2 weeks)</li> <li>• Advice on sling management and axillary hygiene</li> <li>• Postural education and scapula mobility</li> <li>• Gentle active assisted exercises within <b>Safe Zone A</b> (see below picture)</li> <li>• Neck, elbow, wrist &amp; hand exercises</li> <li>• Axillary nerve Ax</li> </ul>
Once weaned from sling (see op note): <b>3-6 Weeks</b>	<p><b>Patient must be comfortable with above phase before progression</b></p> <ul style="list-style-type: none"> <li>• Progress active assisted ROM, no stretching into external rotation beyond 20 degrees</li> <li>• Begin proprioceptive exercises</li> <li>• Commence <b>anterior deltoid</b> rehab as comfort allows in supine</li> <li>• Assess for <b>posterior cuff integrity</b>, encouraging control (hand over wrist)</li> <li>• Allow patient to begin gently mobilising into functional ranges</li> </ul>
<b>6 Weeks +</b>	<p><b>Patient must be comfortable with above phase before progression</b></p> <ul style="list-style-type: none"> <li>• Ascertain functional goals and progress exercises as appropriate</li> <li>• Progress active movement, focusing on functional ADL activities and muscle conditioning as able</li> <li>• Progress anterior deltoid and posterior cuff (if present) rehabilitation</li> <li>• <b>Safe Zone B and beyond</b></li> </ul>

<b>Milestones</b>	
Week 4	Comfortably out of sling for ADLs
Week 6	Sling discarded, increasing active movement
Week 12	Improving functional strength

**Return to Functional Activities**

**Driving** from 6 weeks, discuss with team  
**Swimming** from 12 weeks  
**Light lifting** from 12 weeks+  
**Work** sedentary from 6 weeks  
 manual from 12 weeks +



**PHYSIOTHERAPY FOLLOW  
UP RECOMMENDED WITHIN  
2 WEEKS**