



DR CHEN TU PROTOCOL TOTAL SHOULDER REPLACEMENT

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

Milestones	
Week 4-6	Wean out of sling, increasing active range of motion
Week 12	Improving functional strength

Return to Functional Activities

Driving	from 4-6 weeks, when safely and confidently out of sling
Swimming	from 12 weeks
Light lifting	from 12 weeks+
Work	sedentary from 6 weeks manual from 12 weeks +



**PHYSIOTHERAPY
FOLLOW UP
RECOMMENDED**