



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Glenohumeral Osteoarthritis **Code:** M19.019

Procedure: Anatomic Total Shoulder Arthroplasty (with Lesser tuberosity osteotomy)

Surgery Date:

Instructions: PT TO BEGIN _____

Range of motion:

- Sling immobilization is as needed for a week or so. Ok to wean asap
- Begin PT on Post op Day 1 if able, teach home exercise program to be done three times a day.
- Passive shoulder ROM in FF and ER with arm at the side.
Limits 140 FF and 30 ER for the first 2 weeks, then Full ROM is allowed.
- Focus on: regaining active forward elevation (pulleys, wall climbs, table slides, etc.) , regaining active external rotation using active external rotation exercises.
- No internal rotation or extension for the first 3 months post-operatively

Range of motion goals:

2 weeks: 140° forward elevation, 40° external rotation

6 weeks: >150° forward elevation, 45° external rotation

Strengthening:

- Begin strengthening at 6 weeks post-operatively.
- Progress to bands and weights as tolerated, limit to 5 lbs until three months postoperatively.
- At twelve weeks post-operatively, starting with isometrics and progressing to bands and then weights, with a focus on the scapular stabilizers, rotator cuff, and deltoid. No restrictions at 12 weeks

Please provide with a home exercise program.

Limitations:

6-12 weeks :5 lb limit

>12 weeks: No limits, resume full activities

Modalities: Heat before and ice after therapy. Other modalities at therapist's discretion.

Frequency: 2-3 times/week

Duration: 6 weeks

Signature:

Date:

