

Physical Therapy Prescription

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Total Shoulder Replacement

Surgical Date:

Side: Right Left

Phase	Goals	Precautions	Exercises
Phase 1: Weeks 0 – 6	Edema/Pain control Protect repair	Wear sling at all times. OK to remove for hygiene Protect Subscapularis osteotomy: Limit ER to 30 deg. No active IR/Extension until 6 wks	Grip strengthening Elbow/wrist/hand ROM Pendulum Deltoid exercises in scapular plane
Phase 2: Weeks 6-12	Increase ROM Enhance functional use of upper extremity	Wean out of sling No lifting > 5 lbs No external rotation > 30 degrees. No resisted IR/Extension until 10 weeks	6-10 wks: Forward flexion/ abduction Anterior deltoid/ teres minor 10-12 wks: Begin Resisted IR Extension/scapular retraction No lifting > 5 lbs
Phase 3: Weeks 12-24	Progress to full ROM without discomfort	None	Initiate subscapularis strengthening Advanced strength training Scapular stabilization Return to sport at 4 months

Treatment: 1-2 2-3 times per week for ___ weeks. Home Program
 Modalities PRN (Ultrasound/ Phonophoresis/E-stim/Ice/Heat)

Physician's Signature: _____

Jesse Kaplan, MD

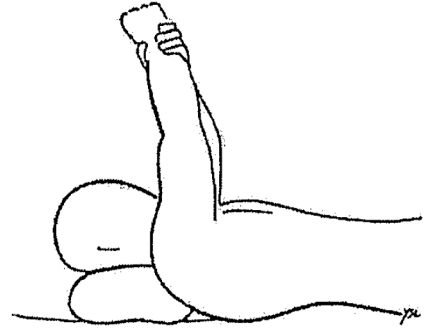
Deltoid Focused Exercises

Perform 3-5 times per day or per instructed by MD and physical therapist.

SUPINE

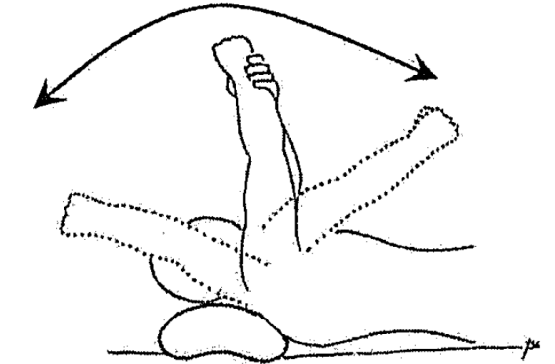
SUPINE LEVEL 1

1. Lie on back with pillow under head
2. Raise your arm to 90 degrees vertical, using stronger hand to assist if needed. The elbow should be straight.
3. Now, hold your arm in this upright position with its own strength.



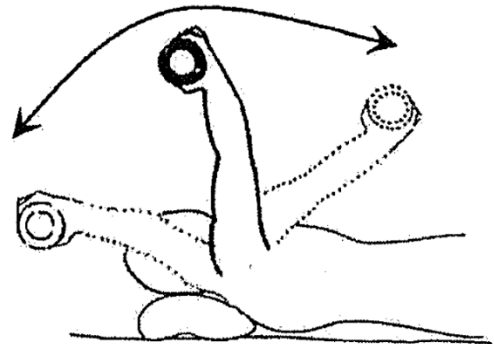
SUPINE LEVEL 2

1. Slowly with your elbow straight, move the arm forward and backward in line with the outside of the leg.
2. Keep the movement smooth, controlled, and continuous for 5 minutes or until fatigue.



SUPINE LEVEL 3

1. As you gain in confidence, ability, and per instructed by MD and/or PT, a lightweight object (i.e. a can of soup or 1 lb. dumbbell) should be held in the affected hand.
2. Repeat as instructed in SUPINE LEVEL 2



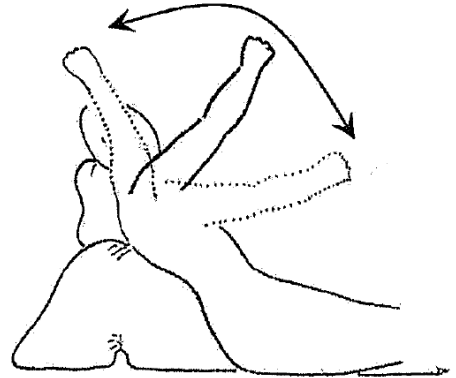
SITTING

SITTING LEVEL 1

1. After you complete levels in supine, can start to progress from supine to sitting and eventually standing. At this stage, you may place pillows underneath your back to recline your position.
2. Begin initially as instructed in supine level 1: holding your arm in the upright position with its own strength.

SITTING LEVEL 2

1. Slowly with your elbow straight, move the arm upward and down in line with the outside of the leg.
2. Keep the movement smooth, controlled, and continuous for 3-5 minutes or until fatigue.



SITTING LEVEL 3

1. As you gain in confidence, ability, and per instructed by MD and/or PT, a lightweight object (i.e. a can of soup or 1 lb. dumbbell) should be held in the affected hand.
2. NOTE: Start first without any weights and progress to lightweight you used before in the supine position.
3. Repeat as instructed in SITTING LEVEL 2

Deltoid Concentric Exercise

Perform 10 repetitions, 3-5 times per day.

1. Make a fist with the hand of the affected side. The flat hand of the opposite side is providing resistance. Push your affected side hand against resistance from the other hand. While doing this, you will notice that you can fully elevate your arm (above your head).

