



## **Gordon I Groh MD, MBA**

### **Shoulder, Elbow & Hand Surgery**

American Shoulder and Elbow Surgeons  
American Society for Surgery of the Hand  
American Academy of Orthopedic Surgeons

### **Asheville Orthopedic Associates**

*An Affiliate of Mission Health*  
111 Victoria Ave. or 310 Long Shoals Rd.  
Asheville, NC 28801

**828 252 7331 – [www.DrGordonGroh.com](http://www.DrGordonGroh.com)**

## **Protocol after Anatomic (Standard) or Reverse Shoulder Arthroplasty/Replacement**

Goal of program is to maximize healing and shoulder recovery

### **0-2 Weeks**

- Wear standard sling full time, removing three times/day to work on elbow/hand motion

### **2-6 Weeks**

- Wear standard sling in public and to sleep
- Lift/push/pull less than two pounds with operative arm
- Begin pendulum or table slide exercise to prevent stiffness

### **6-10 Weeks**

- Wear sling in public
- Lift/push/pull less than 4 pounds with the operative arm
- Begin passive forward elevation exercise to improve range of motion

### **10-14 Weeks**

- Discontinue sling
- Lift/push/pull less than 8 pounds with the operative arm
- Begin shoulder/rotator cuff strengthening exercises

### **14-18 Weeks**

- Lift/push/pull less than 15 pounds with the operative arm
- Continue shoulder/rotator cuff strengthening exercises every other day
- Sports specific training

### **Over 18 Weeks**

- No further weight restrictions
- Continue shoulder/rotator cuff strengthening exercises daily for additional 16 weeks; then 2-3 times per week
- Continue sports specific training