

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



proaxistherapy™

**Patient  
Flow Sheet**

## Total Shoulder Arthroplasty

### Sling for 5 weeks

#### Phase 1- (PASSIVE)

Week 1-3

Pendulums to warm-up  
Passive Range of Motion  
Supine External Rotation – 0 degrees  
Supine Forward Elevation – 0-90 degrees  
No internal rotation

#### Phase 2- (ACTIVE)

Week 4-5

Full elevation and gradually increase external rotation.  
Isometrics, scapular retraction-limit to 30°.

Week 6-9

Active Range of Motion with Passive Stretch to prescribed limits.  
Supine → Seated External Rotation – Gradually increase to full, limit to 30° until wk 12.  
Supine → Seated Forward Elevation – Full-progress to seated  
Internal Rotation – Gradually increase to full

#### Phase 3 - (RESISTED) Pendulums to warm up and continue with phase II.

Scapular mobilization

Week 10

External and Internal Rotation  
Standing forward punch  
Seated rows  
Shoulder Shrugs  
Bicep Curls  
Bear Hugs

#### Weight Training

Week 12

Keep hands within eyesight, keep elbows bent.  
Minimize overhead activities  
(No Military press, pull-down behind head, or wide grip bench)

#### Return to Activities

Computer	4 weeks
Golf	4 months
Tennis	5 months

#### Surgeon Comments

Therapist Name \_\_\_\_\_