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**Post-Op Protocol for Gregory V. Gomez, MD**  
**Anatomic Total Shoulder Arthroplasty/Hemiarthroplasty**

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Week 0-2

- Maintain sling use
- Pendulum hangs, passive ER
- Overhead pulleys
- Scapular retractions
- No lifting > weight of coffee cup

Week 2-6

- Maintain sling use until week 4 (waiting for tendon to heal)
- Begin PT
  - Phase I stretching – limit FE to 130 degrees and ER to 30 degrees
  - Phase I strengthening at week 4 post op
  - ER isometrics
  - Scapular strengthening
- Continue to use pulleys
- Begin to use arm for ADLs
- No lifting > 5 lbs
- No active IR strengthening

Week 6-12

- Add phase II stretching and drop ROM restrictions
- No lifting > 10 lbs

Week 12

- Continue total arm strengthening
- No lifting > 15 lbs