



## WORK RESTRICTIONS - TOTAL SHOULDER REPLACEMENT



**STEPHEN THON, MD**  
ORTHOPEDIC & SPORTS MEDICINE SURGEON  
[www.stephenthonmd.com](http://www.stephenthonmd.com)

**Date of Surgery:** \_\_\_\_\_

**ICD-10: M19.019 – Shoulder Arthritis (TSA), M19.219 – Rotator Cuff Arthropathy (Reverse)**

### **0-2 Weeks:**

- NO WORK FOR 2 WEEKS
- SLING AT ALL TIMES
- Lifting, Carrying, Pushing, Pulling: None allowed with the operative extremity. 0 lbs weight limit.
- \*Nothing heavier than a full coffee cup\*
- Repetitive Motions: No, Reaching Overhead: No, Reaching Away from Body: No
- Stay within the box from your shoulders to your hips

### **3-8 Weeks:**

- May return to work MODIFIED DUTY, below restrictions
- SLING AT ALL TIMES WHILE AT WORK
- Lifting, Carrying, Pushing, Pulling: No more than 1-2 pounds with the operative extremity.
- *Repetitive Motions*: No, Reaching Overhead: No, Reaching Away from Body: No
- Sedentary (Sitting/Desk) Job, Moderate Walking/Standing Jobs: May return with restrictions
- Heavy Labor Job: Off work

### **9-16 Weeks:**

- **Weeks 9-12:** Lifting, Carrying, Pushing, Pulling: No more than 5 pounds with the operative extremity.
- **Weeks 13-16:** Lifting, Carrying, Pushing, Pulling: No more than 10 pounds with the operative extremity.
- *Repetitive Motions*: Limited, as tolerated. *Reaching Overhead*: Limited, as tolerated. *Reaching Away from Body*: Yes, as tolerated
- Sedentary (Sitting/Desk) Job, Moderate Walking/Standing Jobs: May return as tolerated. Above restrictions for shoulder.
- Heavy Labor Job: Off work

### **16-24 Weeks:**

- **Weeks 16-20:** Lifting, Carrying, Pushing, Pulling: No more than 15 pounds with the operative extremity.
- **Weeks 21-24:** Lifting, Carrying, Pushing, Pulling: No more than 20 pounds with the operative extremity.
- Repetitive Motions: Yes, as tolerated. Reaching Overhead: Yes, as tolerated. Reaching Away from Body: Yes

### **24+ Weeks Post-Surgery**

- Lifting, Carrying, Pushing, Pulling: No restrictions with gradual progression. No restrictions. May have permanent limitations of maximum weight after shoulder replacement.
- Repetitive Motions: Yes
- Reaching Overhead: Yes
- Reaching Away from Body: Yes
- Sedentary (Sitting/Desk) Job: Full return to work
- Moderate Walking Job: Full return to work
- Heavy Labor Job: Full return to work, with gradual progression as tolerated. May have limitations

**MMI Expected at 6 months.**

**Signature:** \_\_\_\_\_

**Date:**

**Stephen G. Thon, MD**

[www.AdvancedOrtho.org](http://www.AdvancedOrtho.org)

Phone: (303) 344-9090

Fax: (720) 895-1121