



Total Shoulder Arthroplasty Protocol

General Precautions:

- Restrict active IR for 12 weeks secondary to subscapularis repair
- Avoid excessive shoulder extension for 6 weeks
- External rotation: to neutral at 4 weeks, increase 10° per week with arm at side. Goal is 40° ER in neutral ABD at 6 weeks.

Week 0-2

- Patient to do home exercises – pendulums, elbow/wrist ROM, neck ROM, grip strengthening
- Patient to remain in sling for 2 weeks post-op

Week 2-6

- ROM goals:
 - o Week 4: 120° flexion / 30° ER at side; ABD 75° without ER
- Begin PROM, and progress to AAROM and AROM within ROM guidelines above
- No resisted IR
- Grip strengthening
- Canes / pulleys OK when progressing from PROM – maintain ROM restrictions above
- Modalities per therapist discretion

Week 6-12

- Progress AAROM and AROM
 - o May begin active IR and shoulder extension without resistance
- May begin light isometrics into ER/FF/abd
- No resisted IR until 12 weeks
- No resisted shoulder extension or scapular retraction

Week 12+

- May progress isotonic strengthening as tolerated including CKC exercises
- Increase PROM to full – stretch to end-ranges if needed
- Continue strengthening for scapular stabilizers and with functional activities