

## Anatomic Total Shoulder Arthroplasty Rehabilitation Protocol

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> <li>Protect surgical site</li> <li>Decrease pain and inflammation</li> <li>Forward flexion PROM to 90°</li> </ul>	<ul style="list-style-type: none"> <li>Remain in sling with abduction pillow for 4 weeks, continue to use sling for 2 additional weeks</li> <li>No active range of motion</li> <li>No lifting</li> </ul>	<ul style="list-style-type: none"> <li>AROM elbow, wrist, and hand</li> <li>Incorporate cardiovascular exercise as soon as tolerated (no impact)</li> <li>Modalities as needed <ul style="list-style-type: none"> <li>Frequent icing</li> </ul> </li> <li>Forward flexion PROM to 90°</li> <li>ER PROM to neutral</li> <li>Initial visit: QuickDASH, FOTO PRO</li> </ul>
Weeks 6-12	<ul style="list-style-type: none"> <li>PROM by week 12: <ul style="list-style-type: none"> <li>Flexion 90°-120°</li> <li>ER 0-30°</li> </ul> </li> <li>Improve muscle activation and strength</li> <li>Improve motor control</li> <li>Wean from sling</li> </ul>	<ul style="list-style-type: none"> <li>No forced ROM</li> <li>AROM initiated once full AAROM achieved</li> <li>No lifting over 5 lbs</li> </ul>	<ul style="list-style-type: none"> <li>Initiate shoulder motion: PROM – AAROM - AROM</li> <li>Initiate shoulder isometrics (No IR, may begin IR isometrics at week 9)</li> <li>Initiate manual resistance for isometrics or proprioceptive neuromuscular facilitation (PNF) patterns</li> <li>Initiate scapular stability exercise</li> <li>Initiate core stability exercises</li> <li>Continue with cardiovascular endurance</li> <li>Modalities as needed</li> <li>Week 6: QuickDASH, FOTO PRO</li> </ul>
Months 3-4	<ul style="list-style-type: none"> <li>AROM by week 16: Flexion 120-140° ER 30-40°</li> <li>Increase functional activity</li> <li>Improve strength of RTC and scapular stabilizers</li> <li>Improve endurance of RTC and scapular stabilizers</li> <li>Increase intensity of exercise as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>Slowly advance 5 lb restriction</li> <li>May use open kinetic chain as tolerated within restrictions and patient tolerance</li> </ul>	<ul style="list-style-type: none"> <li>Increase scapular strengthening and stabilization</li> <li>Initiate RTC isotonic as able provided no shoulder compensatory patterns</li> <li>Continue with cardiovascular endurance</li> <li>Continue with core stability</li> <li>Incorporate soft tissue mobility/scar massage as needed</li> <li>Modalities as needed</li> <li>Week 12, QuickDASH, FOTO PRO</li> </ul>
Months 5+	<ul style="list-style-type: none"> <li>Maintain pain free ROM</li> <li>Improve strength and endurance of RTC and scapular stabilizers</li> </ul>	<ul style="list-style-type: none"> <li>Gradual return to full activities without restriction</li> <li>Modify work, recreational or functional activity as necessary</li> </ul>	<ul style="list-style-type: none"> <li>Continue with strength of total UE and scapular stabilizers</li> <li>Week 24: QuickDASH, FOTO PRO</li> <li>Week 24: Functional testing as necessary</li> </ul>

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.  
Each patient's progress may vary based on specifics to their injury and procedure.



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