

Anatomic Total Shoulder Arthroplasty Rehabilitation Protocol

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

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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