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## Rehabilitation Protocol: Total Shoulder Arthroplasty

### Phase I: 0-6 weeks

**Weight Bearing:** Limit to 1-2 lbs

**Sling:** Wear at all times except for hygiene and exercises for 6 weeks

#### Range of Motion:

- Passive to active range as tolerated\*
  - \*NO active internal rotation or extension for 6 weeks post-operative
- Protect subscapularis repair
  - Limit external rotation to \_\_\_\_ degrees for 1st month (20° is default)
- ROM goals:
  - Week 1
    - 90 degrees forward flexion
    - 0-20 degrees external rotation at side
    - 75 degrees max abduction without rotation
  - Week 2
    - 120 degrees forward flexion
    - 0-40 degrees external rotation at side
    - 75 degrees max abduction without rotation

#### Therapeutic Exercise\*

- \*NO active internal rotation or extension for 6 weeks post-operative
- Grip strengthening
- Pulleys/canes
- Elbow/wrist/hand active ROM
- Week 2
  - Begin light, gentle isometrics of rotator cuff and deltoid

## Phase II: 6-12 weeks

**Weight Bearing:** Gradually progress as tolerated

**Sling:** None

**Range of Motion:**

- Increase as tolerated
- Begin active assistive/active internal rotation and extension as tolerated

**Therapeutic Exercise**

- Begin light resisted external rotation, forward flexion, and abduction
  - Concentric motions only
  - NO resisted internal rotation, extension, or scapular retraction
- Week 8:
  - Begin active internal rotation exercises and resistive exercises for external rotation and anterior mid-deltoid

## Phase III: 12 weeks - 12 months

**Weight Bearing:** As tolerated

**Range of Motion:**

- Progress to full motion without discomfort

**Therapeutic Exercise**

- Advanced resisted internal rotation and extension exercises
- Advance strength training as tolerated
- Begin eccentric motions and closed chain activities
- Unrestricted active use of arm by 12 weeks
- Advance end-range stretching if tight