

Anatomic Total Shoulder Arthroplasty PT Protocol

PHASE I (0-6 WKS)

Period of protection: Sling should be worn at all times (except for hygiene and PT) during this phase until 4 weeks. No resisted internal rotation (IR) or extension to protect the subscapularis tendon. Passive ER should also be performed gently to protect the repair.

Weeks 0-1: No formal PT.

- Sling at all times (except for hygiene and pendulums).
- Home exercises only (pendulums, elbow + wrist ROM, grip strengthening).

Weeks 1-6: Begin formal PT

- Sling at all times (except for hygiene and PT). Can discontinue sling at 6 weeks but start coming out of sling when at home at 4 weeks to gradually wean out.
- ROM: PROM → AAROM → AROM as tolerated except for IR/backwards extension (to protect subscap repair). Canes and pulleys OK if advancing from passive ROM.
 - Goal ROM by week 1: 90 deg flexion, 20 deg ER at side, ABD max 75 deg without rotation.
 - Goal ROM by week 2: 120 deg flexion, 40 deg ER at side; ABD max 75 deg without rotation.
- Strengthening: Grip strengthening and isometric, below shoulder-level periscapular strengthening OK, **but avoid any resisted IR/backward extension until 3 months post-op.**

PHASE II (6-12 WKS)

Transition to active IR and more advanced strengthening of the remaining rotator cuff.

- ROM: Light passive stretching at end ranges. Begin AAROM → AROM for internal rotation and backwards extension as tolerated.
 - Goals: full motion by 12 weeks.
- Strengthening:
 - Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only. **Still no resisted IR/backward extension until 3 months post-op.**

PHASE III (3-12 MONTHS)

Begin light strengthening in IR/extension, slowly progressing as tolerated

- ROM: Aggressive passive stretching at end ranges in all planes. Advance to full active ROM as tolerated.

- Strengthening/Activities: May begin and progress light resisted (isometrics/bands) for IR/backwards extension. For all other strengthening, begin and progress the following:
 - @ 3 months
 - Advance as tolerated from isometrics → bands → light weights (1-5lbs) w/8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers (*Only do this 3x/week to avoid cuff tendonitis*)
 - Begin eccentrically resisted motions, plyometrics (*weighted ball toss*), proprioception (*body blade*)
 - @ 4.5 months, begin sports-specific/job-specific rehab and advanced conditioning