

Anatomic Total Shoulder Arthroplasty PT Protocol

Weeks 0-2

- No therapy before first postop visit
- PROM limits: Flexion 100°, abduction 90°, external rotation (0° abduction) 30°
 - Manual PROM for shoulder flexion, abduction and external rotation
 - Cane exercises for flexion, abduction, and external rotation
 - Scapular program exercises
 - Pendulums
 - Encourage elbow, forearm, wrist and hand AROM

Weeks 2-4

- PROM limits: Flexion 160°, abduction 90°, external rotation (0° abduction) 40°
 - Manual PROM- increase to new limits for flexion and external rotation
 - Continue cane exercises, progressing to new limits for flexion and abduction
 - Continue scapular program
 - Add pulleys for shoulder flexion, abduction and scaption

Weeks 4-6

- PROM limits: Flexion 160°, abduction 90°, external rotation (0° abduction) 40°
 - Manual PROM to protocol limits
 - Continue cane exercises
 - Continue scapular program
 - Continue pulleys for shoulder flexion, abduction and scaption
 - Add AROM in shoulder flexion only

Weeks 6-12

- Continue PROM- no limits per patient tolerance
- Initiate AROM- all planes
- Discontinue sling/immobilizer
- Progress slowly to strengthening

*For first 6 weeks, patient is in sling/immobilizer at all times except for therapy and bathing.

*Modalities may be used (moist hot pack, electrical stimulation, cold pack, etc.)

*Frequency of therapy visits may range from 2-3 times/week. Please follow protocol for PROM limits unless indicated differently on prescription. Please remember preop motion may have been significantly limited and patient may not achieve protocol limits.