

# TOTAL SHOULDER ARTHROPLASTY (ANATOMIC OR REVERSE)

## REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
<b>PHASE I</b> 0-4 weeks	PROM as tolerated, advance FE as tolerated  Limit passive ER to 45° to protect subscap repair  No active IR or extension	<b>0-2 weeks:</b> Worn at all times day and night**  Off for hygiene and gentle home exercises according to instruction sheets  <b>2-4 weeks:</b> Worn daytime only**	<b>0-2 weeks:</b> hand/wrist/elbow AROM, grip strengthening and pendulums at home  <b>2-4 weeks:</b> Begin cuff and deltoid isometrics, closed chain scapula exercises, start PROM as tolerated  *No active IR or extension until 6 weeks  *Lower body, core, and gentle stationary bike okay if in sling and not using arm
<b>PHASE II</b> 4-12 weeks	Begin AAROM/AROM  Active and active- assisted IR and extension okay as tolerated after 6 wks	Discontinue sling at 4 wks	Continue phase I exercises; begin light resisted ER; begin AAROM/AROM, continue closed chain scapula exercises  8wks: Begin resisted IR and extension, scapular retraction
<b>PHASE III</b> 12-16 weeks	Gradual return to full AROM	None	Advance strength training as tolerated  Closed chain scapula program with functional cuff strengthening, focus on anterior deltoid and teres  Maximize scapular stabilization
<b>PHASE IV</b> 4-6 months**	Full and pain-free	None	Continue with endurance activities, continue with strengthening, gradual progression to sports-like activities if desired  Maintain ROM and flexibility
<b>PHASE V</b> 6-8 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated

\*\*May remove sling if arm is supported on chair/desk/table (ie desk work, eating)