



Anatomic Total Shoulder Replacement – Physical Therapy Protocol

Week 0-1: Patient to do Home Exercises give post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)

Weeks 1-6:

- Sling
- Passive supine forward flexion up to 150° (Canes/pulleys OK if advancing ROM)
- NO ER past neutral
- Elbow / Wrist / Hand ROM
- Grip strengthening OK
- No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for healing onto the humerus and to regenerate a blood and nerve supply.
- No resisted internal rotation/backward extension until 12 weeks post-op
- Heat before PT, ice after PT
- Home exercises done 5 times daily

Weeks 6-12:

- Begin AAROM to AROM for internal rotation and backwards extension as tolerated, if not already begun.
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only
- No resisted internal rotation/backwards extension until 12 weeks post-op
- No scapular retractions with bands yet

Months 3-12:

- Begin resisted IR/BE (isometrics/bands): isometrics light bands weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.