



Total Shoulder Arthroplasty Rehabilitation Protocol

Phase 1 (First month)

- Abduction brace full time
- Cryotherapy
- Gentle PROM
 - NO external rotation with arm Adducted for first month postop
 - Forward flexion to 90 deg
- Submaximal pain-free isometrics (except subscapularis during first month)
- Pendulum exercises okay
- Elbow & hand ROM & grip exercises
- Precautions for the first two months:*
 - No lifting or supporting body weight with affected arm

Phase 2 (2-3 months)

- May discontinue abduction brace
- Scapulothoracic kinematics
- Progress PROM/AAROM in forward flexion/ER as tolerated
- Progressive isotonic strengthening & stretching in deficient planes
- May use arm for light functional activities
- May start and progress with gentle active subscapularis exercises

Phase 3 (4 months on)

- Progress to home exercise program
- Advance ADL's as tolerated