

## **Physical Therapy Protocol Anatomic Total Shoulder Arthroplasty**

**Recommendation:** PT/OT visits 2-3x/week for 8-12 weeks

### **Day 0-14**

- Wear sling at all times (except to shower)
- No extension
- No external rotation
- Elbow and wrist ROM only

### **Week 2-6 (Protect subscapularis healing)**

- Wear sling while sleeping and walking
- Isometrics for shoulder motion within pain free ROM
- No ACTIVE internal rotation
- No PASSIVE external rotation
- No lifting greater than 2 lbs

### **Week 6-8 (Goal for full PROM)**

- Active range of motion without weights
- No resistance exercises
- Wear sling in public

### **Week 8-12 (Goal for full AROM)**

- Resistance training
- Work towards home program

### **Week >12**

- Return to daily function
- Home program