

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