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Anatomic Total Shoulder Arthroplasty

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
Phase I **0–6 weeks** GOAL TO ADVANCE *Motion near goals; pain controlled*	Passive only: forward flexion to 120°, then 140° by week 6. ER at side to 20°*. No active motion. Keep elbow in front of the body when lying down	Sling 4-6 weeks except hygiene and exercise	Pendulums, elbow/wrist/hand ROM, scapular setting, pulley and table slides. NO pushing up from a chair with the operated arm
Phase II **6–12 weeks** GOAL TO ADVANCE *Functional active motion; no subscapularis weakness*	Active-assisted → active in all planes; ER progresses gently; begin active IR at about 6 weeks	None	Gentle isometrics (no resisted internal rotation), side-lying ER, supine flexion, prone I/Y/T. Lift ≤1-2 lb
Phase III **12+ weeks** GOAL TO ADVANCE *Physician clearance for recreation*	Full available; reaching behind back progressed	None	Internal rotation (subscapularis) and biceps strengthening from week 12; functional and endurance training**

NOTES

*The subscapularis tendon was repaired; limiting external rotation protects it while it heals

**If approved by physician. Golf, swimming and doubles tennis are typical; avoid heavy repetitive lifting

Expected final motion: about 140-150° elevation, 50-60° ER at side, reach behind back to low back