



Anatomic Total Shoulder Arthroplasty PT Protocol

X = Perform exercise

Week

Range of Motion (ROM)	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Early Therapy															
Pendulums	X	X	X	X	X	X									
Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X									
Ball Squeeze	X	X	X	X	X	X									
Scapular Retraction/Depression	X	X	X	X	X	X									
Ankle Pumps	X	X	X	X	X	X									
Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Forward Elevation (Scapular Plane)	90°			120°			150°			As tolerated					
External Rotation (Scapular Plane)	Neutral			20°			35°			50°	X	X	X		
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X	
Active Assist Motion (AAROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Forward Elevation (Scapular Plane)				X	X	X	X	X	X	X	X	X	X	X	
External Rotation (Scapular Plane)				X	X	X	X	X	X	X	X	X	X	X	
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X	
Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Forward Elevation (Scapular Plane)							X	X	X	X	X	X	X	X	
External Rotation (Scapular Plane)							X	X	X	X	X	X	X	X	
Internal Rotation (Scapular Plane)										X	X	X	X	X	
Gentle Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Forward Elevation										X	X	X	X	X	
External Rotation										X	X	X	X	X	
Internal Rotation											X	X	X	X	
Abduction										X	X	X	X	X	
General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Military Press (Diagonal Patterns)											X	X	X	X	
Shoulder Girdle Strengthening											X	X	X	X	
Core Strengthening											X	X	X	X	
Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Swimming													X	X	
Overhead / Serving Sports														X	
Activities of Daily Living w/ Arm	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Eating/Drinking			X	X	X	X	X	X	X	X	X	X	X	X	
Dressing			X	X	X	X	X	X	X	X	X	X	X	X	
Showering			X	X	X	X	X	X	X	X	X	X	X	X	
Driving			X	X	X	X	X	X	X	X	X	X	X	X	
Overhead Activity										X	X	X	X	X	
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	

PROM:
 - Starts at week 0
AAROM:
 - Starts at week 4
AROM:
 - Starts at week 7

Sling Use
 (while not in PT)
 - Full-time: weeks 0-6
 - May remove pillow at 4 weeks
 - Discontinue sling: after week 6

Goals
 - Independent transfers/ADLs at 3 weeks
 - PROM 120° FE by 6 weeks
 - AROM FE 150° by 12 weeks
 - Return to independent activity at 16 weeks

Strengthening
 - starts week 10
 - Begin with isometrics, progress as tolerated

NOTES
 Need subscap to heal. Avoid IR active motion and strengthening until requested