

# Anatomic (Total) Shoulder Arthroplasty

## Physical Therapy Protocol

Postop	Goals	Precautions	Exercises
<b>Weeks 0-4</b> PT 1-2x/week HEP daily	Edema and pain control Protect subscapularis repair and biceps tenodesis  Week 1: FF 120° , ER 0° Week 2: FF 150° , ER 20° Week 6: FF 160° , ER 45°	Sling at ALL TIMES Limit ER to neutral x2 weeks No ER >20° (weeks 2-4) No active IR No backward extension (BE) No scapular retractions Limit abduction 75° No resisted elbow flexion	Elbow, wrist, hand ROM Codman/Pendulum out of sling Passive supine forward flexion Scapular mobility and stability (side-lying) Deltoid isometrics Posture training
<b>Weeks 4-8</b> PT 1-2x/week HEP daily	Protect subscapularis repair FF 160° , ER 45°	DC sling No resisted IR/BE No resisted scapular retractions Avoid painful ADL's	Advance P/AA/AROM Cane/pulley Rhythmic stabilization at 120° Begin AA→AROM IR/BE Submaximal isometrics ER/FF/ABD Closed chain kinetic exercises Scapular stabilization
<b>Weeks 8-12</b> PT 1-2x/week HEP daily	FF 160° , ER 60° , IR T12 Scapulohumeral rhythm UE strength 4/5	Avoid painful ADL's Avoid activities that encourage scapula hiking or poor mechanics Limit strengthening to 3x/week to avoid rotator cuff tendinitis	Progress ROM/flexibility exercises Advance strengthening as tolerated Rhythmic humeral head stabilization Begin resisted IR/BE (isometrics→light bands→weights) Increase end ROM with passive stretch Begin eccentrics, plyometrics, and closed chain exercises when appropriate
<b>Weeks 12+</b> HEP daily	Maximal ROM Independent HEP	None	Progress strengthening, flexibility, and endurance