

Central Indiana Orthopedics
14300 E 138th St
Building B
Fishers, IN 46037

Anatomic Total Shoulder Arthroplasty PT Protocol

X = Perform exercise

Week

	Week														
Range of Motion (ROM)	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	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	X
External Rotation (Scapular Plane)				X	X	X	X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)							X	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	X
External Rotation (Scapular Plane)							X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)										X	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	X
External Rotation										X	X	X	X	X	X
Internal Rotation											X	X	X	X	X
Abduction										X	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	X
Shoulder Girdle Strengthening											X	X	X	X	X
Core Strengthening											X	X	X	X	X
Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Swimming													X	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	X
Dressing			X	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	X
Driving			X	X	X	X	X	X	X	X	X	X	X	X	X
Overhead Activity										X	X	X	X	X	X
Computer use (waist level)	X	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