



**Rehabilitation Protocol for Anatomic and Reverse Total Shoulder Arthroplasty**

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**Phase 1 = 1-6 weeks postoperative:**

Immobilizer on at all times, except while showering for 6 weeks

No shoulder ROM

Pendulums for hygiene only, small circles not larger than a basketball

AROM: Hand, wrist, forearm and elbow (flexion and extension), all motions  
No external rotation.

Edema control: pump & squeeze hand

**Phase 2 = 7-12 weeks postoperative:**

Immobilizer comes off

AROM: initiate AROM exercise in supine/prone increasing elevation gradually within patient's tolerance.

External rotation not to exceed 35 degrees

Elevation not to exceed 135 degrees (average ROM expectation for TSA & reverse TSA is 90 degrees of elevation)

D1 and D2 patterns, triceps, serratus lift in supine, extension

Side lying: external rotation

Isometrics exercises

**Phase 3 = 13-20 weeks postoperative**

Increase ROM of shoulder as tolerated by patient

Start AAROM -Elevation up to 140 degrees

External rotation not to exceed 35 degrees

Initiate gentle strengthening with theraband/tubing in small arcs of motion:

Internal rotation, external rotation, elevation, abduction, extension to 30 degrees

Progressive strengthening of the shoulder girdle and as well body

Toss light ball