



KNEEbraska
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TOTAL SHOULDER ARTHROPLASTY

REHABILITATION PROTOCOL

	ROM	IMMOBILIZER	EXERCISES
PHASE I (0-4 weeks)	Limit PROM ER to 45 degrees in order to protect subscapularis repair	0-2 weeks: wear at all times day and night Off for gentle exercises only 2-4 weeks: wear daytime only	0-2 weeks: grip strength, pendulums, hand/wrist/elbow ROM at home 2-4 weeks: begin RTC, Deltoid isometrics; closed chain scapula Limit PROM ER to 45 degrees to protect subscapularis repair. NO AROM IR or extension until 6 weeks
PHASE II (4-12 weeks)	Increase as tolerated Begin A/AROM IR and extension as tolerated at 6 weeks post-op	NA	4-8 weeks: begin light resisted ER, forward flexion, abduction; closed chain scapula 8-12 weeks: begin resisted IR, extension, scapular retraction
PHASE III (12-24 weeks)	Progress to full AROM without discomfort	NA	Progress strength work as tolerated Closed chain scapular exercise and functional RTC strengthening; Teres and anterior Deltoid focus Maximize scapular stability