

Physical Therapy Protocol

Anatomic Shoulder Replacement

Patient Checklist

ROM guidelines:

- Weeks 1-6:
PROM only
- Flexion: please see
op note for ROM
- ER: please see op
note for ROM
- Extension: 0 degrees

General guidelines:

- Supervised physical
therapy for 3-4 months
- For 6 weeks after surgery,
wear sling at all times
except while doing
therapy exercises, bathing,
or dressing.
- Control pain and
inflammation using
ice 3-4 times per day
and medication as
prescribed

Questions?
Orthopaedics:
(603) 650-5133

Rehabilitation Medicine:
(603) 650-3600

* please confirm ROM with Op note

ACUTE PHASE

Inpatient Days 1 and 2, and Outpatient Week 1	1	2	3	4	5	6	7	8	9	10	11	12+
Wear sling at all times except during PT, bathing, or dressing	●	●	●	●	●	●	●	●	●	●	●	●
Do not move arm backward past ribcage until 6 weeks	●	●	●	●	●	●	●	●	●	●	●	●
No lifting or holding	●	●	●	●	●	●	●	●	●	●	●	●
Supine active elbow flexion and extension	●	●	●	●	●	●	●	●	●	●	●	●
Active wrist circles and ball squeeze over	●	●	●	●	●	●	●	●	●	●	●	●
Pendulums	●	●	●	●	●	●	●	●	●	●	●	●
Passive shoulder flexion - with physical therapist ONLY	*	*	*	*	*	*						
Gentle passive ER with arm at the side - with physical therapist ONLY	*	*	*	*	*	*						
Upper trapezius stretch	●	●	●	●	●	●	●	●	●	●	●	●

Phase I: PROTECTION AND GENTLE MOVEMENT

7 Days - 3 Weeks	1	2	3	4	5	6	7	8	9	10	11	12+
Submaximal isometric flexion		●	●	●	●	●	●	●	●	●	●	●
Submaximal isometric ER with shoulder in IR		●	●	●	●	●	●	●	●	●	●	●
Submaximal isometric abduction with shoulder in IR		●	●	●	●	●	●	●	●	●	●	●

4-6 Weeks

	1	2	3	4	5	6	7	8	9	10	11	12+
Pulley shoulder flexion				●	●	●	●	●	●	●	●	●
Scapular retraction/protraction and elevation/depression				●	●	●	●	●	●	●	●	●
Pool therapy once incision is completely closed				●	●	●	●	●	●	●	●	●

Phase II: ACTIVE MOVEMENT

7-9 Weeks	1	2	3	4	5	6	7	8	9	10	11	12+
No lifting weight greater than a coffee cup							●	●	●	●	●	●
Wean out of sling							●	●	●	●	●	●
Pulley shoulder abduction and IR							●	●	●	●	●	●
Cane exercises in supine for flexion and ER							●	●	●	●	●	●
Cane exercises in standing for abduction and IR							●	●	●	●	●	●
Seated tabletop shoulder flexion and ER stretches							●	●	●	●	●	●
Maximal isometric flexion, abduction, and ER							●	●	●	●	●	●
Submaximal isometric IR and adduction							●	●	●	●	●	●
Prone Is, Ts, and Ys							●	●	●	●	●	●
AROM supine shoulder flexion								●	●	●	●	●
AROM side lying shoulder abduction and ER								●	●	●	●	●
AAROM standing shoulder flexion wall slides								●	●	●	●	●

Phase III: STRENGTHENING

10-12+ Weeks	1	2	3	4	5	6	7	8	9	10	11	12+
No lifting greater than 5 lbs										●	●	●
Resisted shoulder motions all planes including diagonals using therabands or light weights										●	●	●
Increase isometrics in IR and adduction										●	●	●
Resisted elbow flexion and extension										●	●	●
Prone Is, Ts, and Ys with light resistance										●	●	●
Serratus anterior punches										●	●	●



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12+ Weeks	1	2	3	4	5	6	7	8	9	10	11	12+
Closed chain exercises												●
Wall pushups												●
Quadruped alternating arm raises												●
Body blade/proprioceptive exercise												●

6 Months	1	2	3	4	5	6	7	8	9	10	11	12+
Return to sports												●

Inpatient Days 1 and 2, and Outpatient Week 1

Goals:

- Initiate PROM while protecting subscapularis repair
- Minimize pain with ice 3-4x daily and medication as prescribed
- Minimize distal swelling with elevation and exercises of the hand, wrist, and elbow

Exercises:

- Pendulums
- AROM of elbow, wrist, and hand

7 Days - 3 Weeks

Goals and guidelines:

- Increase PROM within limitations stated above while protecting subscapularis repair
- Continue to minimize pain and upper extremity swelling as stated above
- Pt may shower 2 days after stitches are removed

Exercises (continue those from week 1):

- Submaximal isometrics: flexion and extension; abduction and ER with shoulder in IR
- Active scapular elevation/depression and protraction/retraction
- At 4 weeks, initiate pulley shoulder flexion and, if incision is completely closed, pool therapy to include PROM, pendulums, and walking

4-6 Weeks

Goals and guidelines:

- Full PROM, begin gentle ER stretching; progress PROM, AAROM, AROM

Exercises:

- Cane-assisted shoulder flexion, ER, and abduction progressing to AROM
- Maximal isometrics in flexion, extension, ER, and ABD; submaximal in IR and ADD
- Scapular stabilization and lightly resisted elbow exercises

7-9 Weeks

Goals and guidelines:

- Unrestricted AROM
- Strengthening and improving scapulohumeral mechanics
- Initiate subscapularis strengthening

Exercises:

- Theraband exercises for shoulder and elbow; prone Is and Ts
- Increase isometrics in IR and ADD to patient tolerance, progress to bands as tolerated

10-12+ Weeks

Goals and guidelines:

- Return to normal daily activities
- No sports for at least 6 months; please ask your surgeon regarding return to golf

Exercises:

- Progress resistance with prior exercises
- Closed chain exercises

Questions?

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