



Kansas City Orthopedic Alliance

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Rehabilitation Protocol: Total Shoulder Arthroplasty

Phase I (0-6 weeks): Protect Subscapularis Repair

- AAROM with pulleys
 - Scapular plane elevation to 130 degrees, active ER to 30 degrees
- Supine AAROM with stick to same limits
- AVOID shoulder extension
- No IR motion behind the back
- Light patient directed active ER only
- No active IR or passive ER
- 2-3lbs lifting restriction

Phase II (6-12 weeks): Restore ROM

- Advance ROM in all planes as tolerated
- Limit ER to 30 until week 10
- Initiate gentle cuff strengthening, except subscapularis
- Begin IR isometrics
- 10lbs lifting restriction

Phase III (12+ weeks): Restore Strength

- **Week 12**
 - Light ER stretching as tolerated
 - Advance subscapularis strengthening
 - Advance cuff strengthening as tolerated
 - Simulate functional activities
- **Week 16**
 - Gradual return to sport/high impact activities

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