Shoulder Arthroplasty — Anatomic and Reverse Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following shoulder arthroplasty — anatomic and reverse. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon.

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0-6	● **Protect surgical site** ● Decrease pain and inflammation ● Forward flexion PROM to 90o	● Remain in sling with abduction pillow for 4 weeks, continue to use sling for 2 additional weeks ● **No active range of motion** ● **No lifting**	**General guidelines** ● AROM elbow, wrist, and hand ● Incorporate cardiovascular exercise as soon as tolerated (**no impact)** ● Modalities as needed ● Frequent icing ● Forward flexion PROM to 90o ● ER PROM to neutral **Initial visit** ● QuickDASH, FOTO PRO

Weeks 6-12	● PROM by week 12:
	  ● Flexion 90o-120o
	  ● ER 0-30o
	● Improve muscle activation and strength
	● Improve motor control
	● Wean from sling
		● **No forced ROM**
		● AROM initiated once full AAROM achieved
		● **No lifting over 5 lbs**
			General guidelines
			● Initiate shoulder motion: PROM – AAROM - AROM
			● Initiate shoulder isometrics (**No IR)**
			● Initiate manual resistance for isometrics or proprioceptive neuromuscular facilitation (PNF) patterns
			● Initiate scapular stability exercise
			● Initiate core stability exercises
			● Continue with cardiovascular endurance
			● Modalities as needed
			Week 6
			● QuickDASH, FOTO PRO
			Week 9
			● May begin IR isometrics at week 9.

Months 3-4	● AROM by week 16: Flexion 120-140o ER 30-40o ● Increase functional activity ● Improve strength of RTC and scapular stabilizers ● Improve endurance of RTC and scapular stabilizers ● Increase intensity of exercise as tolerated	● Slowly advance **5 lb** restriction ● May use open kinetic chain as tolerated **within restrictions and patient tolerance**	**General guidelines** ● Increase scapular strengthening and stabilization ● Initiate RTC isotonics as able **provided no shoulder compensatory patterns** ● Continue with cardiovascular endurance ● Continue with core stability ● Incorporate soft tissue mobility/scar massage as needed ● Modalities as needed **Week 12** ● QuickDASH, FOTO PRO

Phase	Goals	Precautions / Restrictions	Treatment
Months 5+	● Maintain pain free ROM ● Improve strength and endurance of RTC and scapular stabilizers	● Gradual return to full activities without restriction ● Modify work, recreational or functional activity as necessary	**General guidelines** ● Continue with strength of total UE and scapular stabilizers **Week 24** ● QuickDASH, FOTO PRO ● Functional testing as necessary