

Total Shoulder Arthroplasty Rehab Protocol (Anatomic or Reverse)

Dr. Nielsen

0-2 weeks

- Sling with interval exercises
- Codman's
- Table slides
- No active ROM

2-6 weeks

- Sling with interval exercises
- Passive ROM 140 FF, 40 ER
- No active ROM, especially IR against resistance

6-12 weeks

- Sling or immobilizer only in public
- Start full active ROM

12+ weeks

- No restrictions
- Strengthening as needed if pain-free full active ROM