



EVANGELISTA ORTHOPEDIC CLINIC

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Total Shoulder Arthroplasty Rehabilitation Protocol

Immobilization:

- Sling should be worn for the first 48-72 hours except during physical therapy
- After 3 days, sling may be removed for light desk work
- Sling should be worn as needed during the day, when the patient is in a crowd or unprotected environment, and when the patient is active
- It is a good idea to wear the sling at night for the first 6 weeks, as we are not aware of our movements during sleep

Weeks 0-6:

Weight Bearing:

- Limit to 5 pounds for activities of daily living
- You should avoid lifting any objects with your operative arm

Range of motion:

- Passive Range of Motion (PROM), Active Assisted Range of Motion (AAROM), and Active Range of Motion (AROM) with the following restrictions:
Forward Elevation: 165° as tolerated
Abduction: 90° as tolerated
External Rotation: Neutral
Internal Rotation: No active Internal Rotation (IR)

Weeks 6-12:

Weight Bearing:

- Limit to 15 pounds

Range of motion:

- PROM, AAROM, and AROM – No restrictions
- Range of motion should not be aggressive



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Strengthening:

- Begin strengthening

Weeks 12+:

Weight Bearing:

- Progress to Weight Bearing As Tolerated (WBAT)

Range of motion:

- No restrictions

Strengthening:

- Continue strengthening
- When ready to discharge from therapy please develop home program for lifelong strengthening

If you have any questions about these guidelines, your procedure or the rehabilitation process please do not hesitate to call us at **480-656-0291**