

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Anatomic Total Shoulder Arthroplasty Protocol

Phase 0 – Quiet

Week 0-4:

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 – Passive

Week 4-6:

- *Pendulums to warm-up*
- *Passive ROM*
- Supine External Rotation – 0°
- Supine Forward Elevation - 90°
- Internal Rotation to belt line starting at **week 3**

Phase 2 – Active

Week 7-9:

- *Pendulums to warm-up*
- *Active Range of Motion with passive stretch to prescribed*
- Supine -> Seated Forward Elevation – Full
- Supine -> Seated External Rotation - gradually increase to 45°
- Internal Rotation – gradually increase to full

Phase 3 – Resisted

Week 11:

- *Pendulums to warm-up and continue with Phase 2*
- *Scapular mobilization*
- External and Internal Rotation – standing forward punch
- Seated Rows/Shoulder Shrugs
- Bicep Curls/Bear Hugs

Week 16: Weight Training

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No military press, pull-down behind head, or wide grip bench)

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Return to Activity

Computer	4 weeks
Golf	4 months (chip and putt only); 6 months full swing
Tennis	7-8 months

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