
Total Shoulder Arthroplasty

Name: _____ Date: ____ / ____ / ____

Phase I: Passive (Weeks 1 to 4)

- Sling for 6 weeks
- Pendulums to warm-up
- Passive range of motion
- Supine external rotation – 0 degrees
- Supine forward elevation – 0 to 90 degrees
- No internal rotation

Phase II: Active (Weeks 4 to 9)

Weeks 4 to 6

- Passive supine → seated external rotation – 30 degrees
- Supine → seated forward elevation – progress to seated
- Isometrics, scapular retraction – limit to 30 degrees

Weeks 7 to 9

- Active range of motion with passive stretch to prescribed limits
- Supine → seated external rotation – limit to 30 degrees until week 12
- Supine → seated forward elevation – full, progress to seated
- Internal rotation – gradually increase to full

Phase III: Resisted (Week 10)

- Pendulums to warm up and continue with Phase II
- Scapular mobilization
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bicep curls
- Bear hugs

Weight Training (Week 12)

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