
Total Shoulder Arthroplasty – Slow

Name: _____ Date: ____/____/____

Phase 0: Quiet (Weeks 1 to 3)

- No shoulder rehab
- Elbow and hand only

Phase I: Passive (Weeks 4 and 6)

- Regular sling for six weeks
- Pendulums to warm-up
- Passive range of motion
- Start supine external rotation – 0 degrees, then gradually progress, but limit ER to 30 degrees
- Supine forward elevation – 90 degrees
- No internal rotation

Phase II: Active (Weeks 7 to 10)

- Active range of motion with passive stretch to prescribed limits
- Internal rotation to belt line – gradually increase to full
- Full elevation and gradually increase ER – limit ER progression to 30 degrees until week 12
- Supine to start forward elevation – full, progress to seated

Phase III: Resisted (Week 10)

- Pendulums to warm-up and continue with Phase II
- Scapular mobilization
- External and internal rotation
- Standing forward punch
- Scapular mobilization-seated rows and shoulder shrugs