

ANATOMIC Total Shoulder Arthroplasty Rehab Protocol
Dr. Nielsen

0-2 weeks

- Sling except exercises and showering
- Codman's
- Table slides
- No active ROM

2-6 weeks

- Sling except exercises and showering
- Passive ROM 140 FF, 40 ER
 - No aggressive ROM, especially external rotation or abduction
- No active ROM, especially IR against resistance

6-12 weeks

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

12+ weeks

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