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Anatomic Total Shoulder Arthroplasty PT Protocol

X = Perform exercise

Week

	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Range of Motion (ROM)														
PROM:														
- Starts at week 0														
AAROM:														
- Starts at week 4														
AROM:														
- Starts at week 7														
Sling Use (while not in PT)														
- Full-time: weeks 0-6														
- May remove pillow at 4 weeks														
- Discontinue sling: after week 6														
Goals														
- Independent transfers/ADLs at 3 weeks														
- PROM 120° FE by 6 weeks														
- AROM FE 150° by 12 weeks														
- Return to independent activity at 16 weeks														
Strengthening														
- starts week 10														
- Begin with isometrics, progress as tolerated														
NOTES														
Need subscap to heal. Avoid IR active motion and strengthening until requested														
Early Therapy	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Pendulums	X	X	X	X	X	X								
Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X								
Ball Squeeze	X	X	X	X	X	X								
Scapular Retraction/Depression	X	X	X	X	X	X								
Ankle Pumps	X	X	X	X	X	X								
Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation (Scapular Plane)	90°		120°			150°			As tolerated					
External Rotation (Scapular Plane)	Neutral			20°			35°			50°		X	X	X
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Active Assist Motion (AAROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation (Scapular Plane)				X	X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)				X	X	X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)								X	X	X	X	X	X	X
Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation (Scapular Plane)							X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)										X	X	X	X	X
Gentle Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation										X	X	X	X	X
External Rotation										X	X	X	X	X
Internal Rotation											X	X	X	X
Abduction										X	X	X	X	X
General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Military Press (Diagonal Patterns)											X	X	X	X
Shoulder Girdle Strengthening											X	X	X	X
Core Strengthening											X	X	X	X



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Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Swimming													X	X
Overhead / Serving Sports														X
Activities of Daily Living w/ Arm	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Eating/Drinking			X	X	X	X	X	X	X	X	X	X	X	X
Dressing			X	X	X	X	X	X	X	X	X	X	X	X
Showering			X	X	X	X	X	X	X	X	X	X	X	X
Driving			X	X	X	X	X	X	X	X	X	X	X	X
Overhead Activity										X	X	X	X	X
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X