

PHYSICAL THERAPY PROTOCOL
SUBSCAPULARIS SPARING SHOULDER ARTHROPLASTY

WEEK 1:

- Pendulums
- ROM: elbow, wrist, and hand

WEEK 3:

- Begin to wean out of sling
- PROM advancing to 130° FE, 30° ER at side, 60° ABD by week 4
- Scapula mobilization/training; retraction and depression

WEEK 4:

- Discontinue sling
- Advance PROM to full ROM – Gentle ER and no extension
- Begin AAROM, canes, pulleys as able – Gentle ER and no extension
- Begin AROM for FE and ER at side

WEEK 6:

- Advance PROM to full FE and ER
- Restore AROM as tolerated in all planes
- Begin isometric FE/ABD, side-lying ER/IR isometrics
- Continue scapula training

WEEK 8-10:

- Continue to advance AROM in all planes
- Begin strengthening, no weights

WEEK 12:

- Advance strengthening and conditioning