

**PHYSICAL THERAPY PROTOCOL  
ANATOMIC TOTAL SHOULDER ARTHROPLASTY  
WITH SUBSCAPULARIS REPAIR**

**\*\* No extension, reaching behind back or IR AROM for 6 weeks \*\***

**WEEK 1:**

- Pendulums
- ROM: elbow, wrist, and hand

**WEEK 2:**

- PROM advancing to 130° FE, 30° ER at side, 60° ABD by week 4
- Begin AAROM, canes, pulleys as able
- Scapula mobilization/training; retraction and depression

**WEEK 4:**

- Begin to wean out of sling
- Advance PROM to full ROM – Gentle ER and no extension
- Advance AAROM to full ROM – Gentle ER and no extension

**WEEK 6:**

- Discontinue sling
- Begin AROM for FE and ER
- PROM and AAROM for IR and gentle extension
- Continue scapula training

**WEEK 8-10:**

- Advance AROM to full FE and ER
- Begin AROM IR and gentle extension
- Begin resisted FE/ER/ABD
- No resisted IR, extension

**WEEK 12:**

- Begin resisted IR, extension
- Advance strengthening, add weights as appropriate

**WEEK 16+:**

- Sport and occupation conditioning