

**H. Scott Ellsworth, MD**

**Rehabilitation Protocol: Total Shoulder Arthroplasty**

**Phase I (0-6 weeks): Protect Subscapularis Repair**

* AAROM with pulleys
  + Scapular plane elevation to 130 degrees, active ER to 30 degrees
* Supine AAROM with stick to same limits
* AVOID shoulder extension
* No IR motion behind the back
* Light patient directed active ER only
* No active IR or passive ER
* 2-3lbs lifting restriction

**Phase II (6-12 weeks): Restore ROM**

* Advance ROM in all planes as tolerated
* Limit ER to 30 until week 10
* Initiate gentle cuff strengthening, except subscapularis
* Begin IR isometrics
* 10lbs lifting restriction

**Phase III (12+ weeks): Restore Strength**

* **Week 12**
  + Light ER stretching as tolerated
  + Advance subscapularis strengthening
  + Advance cuff strengthening as tolerated
  + Simulate functional activities
* **Week 16**
  + Gradual return to sport/high impact activities

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