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Dual Fellowship-Trained Orthopedic Surgeon
 in Sports Medicine & Trauma

Shoulder, Elbow & Knee Specialist

Anatomic Total Shoulder Arthroplasty Rehab Protocol

	Range of Motion	Immobilizer	Exercises
<p>Phase I 0-6 weeks</p> <p>Goal: Protect subscapularis repair</p>	<p>Limit 45° passive ER to protect subscap repair</p> <p>FE progress as tolerated</p>	<p>0-2 weeks: Worn at all times except for hygiene and exercises</p> <p>2-6 weeks: Worn during sleep and ambulation</p>	<p>0-2 weeks: Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home</p> <p>2-4 weeks: Begin cuff, deltoid isometrics; closed chain scapula Limit ER to passive 45° to protect subscap repair, no active IR nor extension until 8 weeks</p>
<p>Phase II 6-12 weeks</p> <p>Goal: Full PROM</p>	<p>Increase as tolerated</p> <p>Begin active/active-assisted IR and extension as tolerated after 6 weeks</p>	<p>6-8 weeks: Wear sling in public</p>	<p>6-9 weeks: Begin light resisted ER, forward flexion and abduction; closed chain scapula</p> <p>9-12 weeks: Begin resisted IR, extension and scapular retraction</p>
<p>Phase III 12-24 weeks</p> <p>Goal: Increase strength and function</p>	<p>Progress to full without discomfort</p>	<p>None</p>	<p>Advance strength training as tolerated</p> <p>Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres</p> <p>Maximize scapular stabilization</p>