
Total Shoulder Arthroplasty – Slow

Name: _____ Date: ____ / ____ / ____

Phase 0: Quiet (Weeks 1 to 3)

- No shoulder rehab
- No pendulums
- Elbow and hand only

Phase I: Passive (Weeks 4 and 5)

- Regular sling for five weeks
- Pendulums to warm-up
- Passive range of motion
- Start supine external rotation – 0 degrees, then gradually progress, but limit ER to 30 degrees
- Supine forward elevation – 90 degrees
- No internal rotation

Phase II: Active (Weeks 6 to 10)

- Internal rotation to belt line – gradually increase to full
- Full elevation and gradually increase ER – limit ER progression to 30 degrees
- Active range of motion with passive stretch to prescribed limits
- Supine to start external rotation – gradually increase to full
- Supine to start forward elevation – full, progress to seated
- Internal rotation – gradually increase to full

Phase III: Resisted (Week 10)

- Pendulums to warm-up and continue with Phase II
- Scapular mobilization
- External and internal rotation
- Standing forward punch
- Scapular mobilization-seated rows and shoulder shrugs

Return to Activities

- Computer: 4 weeks
- Golf: 4 months
- Tennis: 5 months