

Swift Shoulder Institute - Physical Therapy Protocols

Primary Total Shoulder Arthroplasty

- Weeks 0-6: Sling. Full PROM, except limit ER to 30 degrees to protect subscapularis repair.
- Weeks 6-12: D/C sling. Progress AROM/PROM, with 5 lb. lifting restriction.
- Weeks 12-16: Progress ROM/strengthening, with 10 lb. lifting restriction.
- Weeks 16-24: Progress ROM/strengthening as tolerated.
- Weeks 24+: Return to contact sports and activities as tolerated.

(Lifetime restrictions following shoulder arthroplasty: No repetitive lifting greater than 25lbs, with occasional heavy lifting permitted. No weight-bearing on operative extremity, such as flat push-ups, planks)