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Total Shoulder Arthroplasty

Sling for 5 weeks

Phase 1- (PASSIVE)

Week 1-3 Pendulums to warm-up
Passive Range of Motion
Supine External Rotation – 0 degrees
Supine Forward Elevation – 0-90 degrees
No internal rotation

Phase 2- (ACTIVE)

Week 4-5 Full elevation and gradually increase external rotation.
Isometrics, scapular retraction-limit to 30⁰
Week 6-9 Active Range of Motion with Passive Stretch to prescribed limits.
Supine Seated External Rotation – Gradually increase to full, limit to 30⁰ until week 12.
Supine Seated Forward Elevation – Full-progress to seated
Internal Rotation – Gradually increase to full

Phase 3 - (RESISTED) Pendulums to warm up and continue with phase II.

Week 10 External and Internal Rotation
Scapular mobilization
Standing forward punch
Seated rows
Shoulder Shrugs
Bicep Curls
Bear Hugs

Weight Training

Week 12 Keep hands within eyesight, keep elbows bent.
Minimize overhead activities
(No Military press, pull-down behind head, or wide grip bench)

Return to Activities Surgeon Comments

Computer 4 weeks
Golf 4 months
Tennis 5 months