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Dual Fellowship-Trained Orthopedic Surgeon
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Shoulder, Elbow & Knee Specialist

Anatomic Total Shoulder Arthroplasty Rehab Protocol

	Range of Motion	Immobilizer	Exercises
Phase I 0-6 weeks Goal: Protect subscapularis repair	Limit 45° passive ER to protect subscap repair FE progress as tolerated	0-2 weeks: Worn at all times except for hygiene and exercises 2-6 weeks: Worn during sleep and ambulation	0-2 weeks: Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home 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
Phase II 6-12 weeks Goal: Full PROM	Increase as tolerated Begin active/active-assisted IR and extension as tolerated after 6 weeks	6-8 weeks: Wear sling in public	6-9 weeks: Begin light resisted ER, forward flexion and abduction; closed chain scapula 9-12 weeks: Begin resisted IR, extension and scapular retraction
Phase III 12-24 weeks Goal: Increase strength and function	Progress to full without discomfort	None	Advance strength training as tolerated Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres Maximize scapular stabilization