

Winston Salem Shoulder

Dr. S. Bradley Winter, MD • OrthoCarolina

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Shoulder Arthritis — Conservative & Post-Replacement Rehabilitation Protocol

Glenohumeral Osteoarthritis / Post-TSA / Post-RTSA • Dr. S. Bradley Winter, MD

PHASE 1: CONSERVATIVE MANAGEMENT / EARLY POST-OP | Weeks 0–6

GOALS

- Pain management
- Maintain or restore motion
- Protect joint

EXERCISES / ACTIVITIES

- Cryotherapy and heat (conservative)
- Pendulums
- PROM forward flexion and ER
- Gentle stretching
- Activity modification

PRECAUTIONS

- Post-op: sling at all times
- Avoid overhead
- RTSA: no IR behind back

PHASE 2: MOTION RESTORATION | Weeks 6–12

GOALS

- Progressive ROM
- Functional ADL return
- Scapular stability

EXERCISES / ACTIVITIES

- AAROM progressing to AROM
- Wall slides
- Pulleys
- Scapular retraction
- Light ADL tasks

PRECAUTIONS

- RTSA: avoid combined adduction + IR
- TSA: protect subscapularis repair

PHASE 3: STRENGTHENING | Weeks 12–20

GOALS

- Deltoid and rotator cuff endurance
- Functional strength
- Fatigue management

EXERCISES / ACTIVITIES

- Theraband progression
- Forward flexion strengthening
- Rowing and pulling
- Home exercise program

PRECAUTIONS

- No heavy lifting
- Implant longevity: avoid high-impact loading

PHASE 4: LONG-TERM MAINTENANCE | Months 5+

GOALS

- Independence with HEP
- Preserve implant
- Quality of life

EXERCISES / ACTIVITIES

- Ongoing home strengthening
- Low-impact activities (swimming, walking, golf with modifications)
- Annual orthopedic review

PRECAUTIONS

- Lifelong implant precautions
- Report any sudden pain, instability, or swelling

This protocol is a general guideline and may be modified by Dr. Winter based on intraoperative findings, tissue quality, and individual patient factors. Do not progress through phases without clearance from your surgeon or physical therapist. Questions? Contact OrthoCarolina at (336) 765-5400.

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