

Winston Salem Shoulder

Dr. S. Bradley Winter, MD • OrthoCarolina

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Shoulder Replacement — Postoperative Rehabilitation Protocol

Anatomic TSA / Reverse TSA • Dr. S. Bradley Winter, MD

PHASE 1: PROTECTION PHASE | Weeks 0–6

GOALS

- Protect surgical repair
- Control pain
- Begin PROM

EXERCISES / ACTIVITIES

- Pendulums
- PROM forward flexion (limit per surgeon)
- Elbow/wrist/hand ROM
- Gentle supine ER with cane
- Cryotherapy 4x daily

PRECAUTIONS

- Sling at all times
- No active elevation
- No lifting
- Reverse TSA: No IR behind back for 12 weeks

PHASE 2: EARLY ACTIVE MOTION | Weeks 6–12

GOALS

- Progress to AROM
- Scapular stabilization
- Functional independence

EXERCISES / ACTIVITIES

- AAROM progressing to AROM
- Supine to gravity-eliminated elevation
- Scapular retraction
- Wall slides
- Pulleys

PRECAUTIONS

- Avoid positions that stress the subscapularis (TSA)
- Reverse TSA: avoid combined adduction + IR

PHASE 3: STRENGTHENING | Weeks 12–20

GOALS

- Progressive cuff and deltoid strength
- Improve endurance
- ADL function

EXERCISES / ACTIVITIES

- Theraband IR/ER
- Deltoid strengthening (Reverse TSA)
- Forward flexion strengthening
- Closed-chain exercises
- Light functional activities

PRECAUTIONS

- No heavy resistance
- Avoid max overhead stress

PHASE 4: LONG-TERM MAINTENANCE | Months 5–12

GOALS

- Full functional return
- Home maintenance program
- Longevity of implant

EXERCISES / ACTIVITIES

- Progressive home strengthening
- Recreational activities as tolerated
- Avoid heavy labor or high-impact sports
- Annual follow-up imaging

PRECAUTIONS

- Implant precautions are lifelong — no contact sports
- Weightlifting restricted to <25 lbs overhead

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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