

# Anatomic total shoulder protocol

Key: Protection of subscapularis repair

**Phase 1:** Maximum protection 0-6 weeks

AAROM of elbow, wrist and hand

PROM of shoulder

External rotation at side limited to 20 degrees for the first 3 weeks. Progress to 30 degrees from weeks 3-6

Forward elevation/abduction progress to 140 degrees over the first 6 weeks

**Phase 2:** 6-10 weeks

AAROM of shoulder, progress as tolerated but external rotation at side will rarely progress past 45 degrees. No need to push this

Internal rotation behind back will come along slowly, again no need to stress

**Phase 3:** 10+ weeks

Strengthening and AROM

Progress to home program