



## DR CHEN TU PROTOCOL ANATOMIC TOTAL SHOULDER REPLACEMENT

Physiotherapy follow-up recommended

✓ The aim is to protect the joint replacement and subscapularis repair while gradually restoring function.

### 0-6 WEEKS

### PROTECT THE SUBSCAPULARIS

- Sling for 6 weeks; check the operation note.
- Remove for prescribed exercises and hygiene.
- Keep neck, elbow, wrist and hand moving.
- Gentle assisted shoulder movement as directed.
- Use the arm lightly, close to the body.

#### IMPORTANT

- ✗ Do not stretch external rotation
- ✗ No hand behind back
- ✗ No pushing up through the arm
- ✗ No heavy lifting, pushing or pulling



Hand / wrist / elbow



Pendulum



Scapular setting



Table slide

Early movement should be comfortable and protected - not a stretch.

### 6-12 WEEKS

### RESTORE MOVEMENT AND CONTROL

- Wean from the sling from 6 weeks.
- Progress assisted to active shoulder movement.
- Progress external rotation only as directed; do not force.
- Begin cuff, deltoid and shoulder-blade control.
- Subscapularis activation only as directed; use the arm lightly as comfortable.



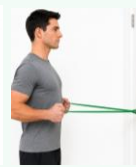
Assisted motion



Forward elevation



Subscap control



Scapular control

Exercises are progressed by your physiotherapist. Subscapularis loading begins gently and only as directed.

### 12+ WEEKS

### BUILD STRENGTH AND RETURN TO ACTIVITY

- Progress cuff, deltoid and shoulder-blade strengthening.
- Begin combined movement ranges as comfortable.
- Increase functional reaching and light lifting gradually.
- Introduce work or sport-specific rehabilitation.
- Return to heavier lifting and recreation gradually.



Cuff strength



Scapular strength



Shoulder control



Functional reach

Return to heavier activity is based on comfort, strength and control, not time alone.

### TYPICAL MILESTONES

1

#### 6 WEEKS

- Wean out of sling.
- Sedentary work may be possible.
- Driving once safe and out of sling.

2

#### ~ 12 WEEKS

- Improving functional range.
- Begin light strengthening.
- Minimal lifting.

3

#### 3-6 MONTHS

- Progress swimming, golf and lifting.
- Manual work as guided.
- Build strength and confidence.

4

#### ~ 6 MONTHS

- Consider unrestricted activity once comfort, strength and control have returned.

### KEY POINTS TO REMEMBER



Sling  
6 weeks



Protect  
subscap



Limit ER  
early



Progress  
gradually

### MOVEMENTS TO AVOID EARLY



Avoid forcing external rotation with the elbow by the side, hand behind back, and pushing up through the arm.