

TOTAL SHOULDER ARTHROPLASTY REHABILITATION PROTOCOL

PHASE I (0 – 6 weeks)

Avoid IR or extension for 6 weeks. Otherwise, passive to active ROM as tolerated.

Week 1 ROM goals: FF 90 degrees, ER at side 20 degrees, Abduction 75 degrees.

Week 2 ROM goals: FF 120 degrees, ER at side 75 degrees, Abduction 75 degrees.

Grip strengthening, pulleys/canes, Elbow/Wrist/Hand active ROM. NO resisted IR or extension. No immobilizer.

PHASE II (6 to 12 weeks)

Increase ROM as tolerated, begin active-assisted IR and extension as tolerated. Begin light resisted ER, FF, and ABD-concentric motion only. No resisted IR, extension or scapular retraction.

PHASE III (12 weeks – 12 months)

Progress to full ROM without discomfort. Begin resisted IR and extension exercises, advance strength training as tolerated, begin eccentric motions and closed chain activity.

No active IR or extension for 6 weeks post operative date.