



TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

	RANGE OF MOTION	THERAPEUTIC EXERCISE
PHASE I 0-6 weeks	Passive to active-assisted range of motion as tolerated ROM Goals: Forward flexion - as tolerated Abduction - 45° without rotation ER to 30° at side, IR to 60°	Grip strengthening, pulleys/canes, elbow/wrist/hand active ROM <u>NO resisted internal rotation or extension</u>
* May discontinue sling at 3 weeks		
PHASE II 6 - 12 weeks	Increase range of motion as tolerated, begin active-assistive /active internal rotation and extension as tolerated	Begin light resisted external rotation, forward flexion, and abduction - concentric motions only <u>NO resisted internal rotation, extension, or scapular retraction</u>
PHASE III 12 weeks – 12 months	Progress to full motion without discomfort	Begin resisted internal rotation and extension exercises, advance strength training as tolerated, begin eccentric motions and closed chain activities

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