

TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

| | RANGE OF MOTION | THERAPEUTIC EXERCISE |
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| 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 NO resisted internal rotation or extension |
| * 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 NO resisted internal rotation, extension, or scapular retraction |
| 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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