

TOTAL SHOULDER REPLACEMENT - ANATOMIC REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE*
PHASE I 0 - 6 weeks	<p>Passive motion only</p> <p>ROM Goals: Week 1: 90 °forward flexion, 20 °external rotation at side, 75 °max abduction without rotation Week 2: 120 °forward flexion, 30 °external rotation at side, 75 °max abduction without rotation</p>	Sling with abduction pillow for comfort	Pendulums, grip strengthening, pulleys/canes, elbow/wrist/hand active ROM - NO resisted internal rotation or extension to protect subscapularis
PHASE II 6 - 8 weeks	<p>Initiate active assist motion</p> <p>*No active internal rotation or extension until 6 weeks post-op</p>	Sling until 6 weeks post-operative	Begin light resisted external rotation, forward flexion, and abduction - concentric motions only, NO resisted internal rotation, extension, or scapular retraction
PHASE II 8 - 12 weeks	<p>Initiate active motion, increase as tolerated, internal rotation and extension as tolerated</p>	None	
PHASE III 12 weeks - 12 months	<p>Progress to full motion without discomfort</p>	None	Begin resisted internal rotation and extension exercises, advance strength training as tolerated, begin eccentric motions and closed chain activities