

TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE*
<p>PHASE I 0 - 6 weeks</p>	<p>Passive to active range as tolerated*</p> <p>ROM Goals:</p> <p>Week 1: 90° forward flexion, 20° external rotation at side, 75° max abduction without rotation</p> <p>Week 2: 120° forward flexion, 40° external rotation at side, 75° max abduction without rotation</p>	<p>Sling with abduction pillow for comfort</p>	<p>Grip strengthening, pulleys/canes, elbow/wrist/hand active ROM - NO resisted internal rotation or extension to protect subscapularis</p>
<p>PHASE II 6 - 12 weeks</p>	<p>Increase range of motion as tolerated, begin active assistive/active internal rotation and extension as tolerated</p>	<p>None</p>	<p>Begin light resisted external rotation, forward flexion, and abduction - concentric motions only, NO resisted internal rotation, extension, or scapular retraction</p>
<p>PHASE III 12 weeks - 12 months</p>	<p>Progress to full motion without discomfort</p>	<p>None</p>	<p>Begin resisted internal rotation and extension exercises, advance strength training as tolerated, begin eccentric motions and closed chain activities</p>

*NO active internal rotation or extension for 6 weeks post-operative