

# TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

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

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