

TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

*****NO MYOFACIAL RELEASE OR AGGRESSIVE SCAR TISSUE MASSAGE AT ALL *****

	IMMOBILIZER	RANGE OF MOTION	EXERCISES
PHASE I 0-1 weeks			Patient to do Home Exercises give post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
PHASE II 1-6 weeks	Sling for 6 weeks	<p>PROM → AAROM → AROM as tolerated, except . . .</p> <p>No active IR/backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 4-6 weeks for it to grown back into the humerus and regenerate a blood and nerve supply.</p> <p>ROM goals: Week 1: 90° FF/20° ER at side; ABD max 75° without rotation</p> <p>ROM goals: Week 2: 120° FF/40° ER at side; ABD max 75° without rotation</p>	<p>Heat before PT, ice after PT</p> <p>No resisted internal rotation/backward extension until 12 weeks post-op</p> <p>Grip strengthening OK</p> <p>Canes/pulleys OK if advancing from PROM</p>
PHASE III 6-12 weeks		<p>Begin AAROM → AROM for internal rotation and backwards extension as tolerated, if not already begun.</p> <p>Goals: Increase ROM as tolerated with gentle passive stretching at end ranges</p>	<p>Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only</p> <p>No resisted internal rotation/backwards extension until 12 weeks post-op</p> <p>No scapular retractions with bands yet</p>
PHASE IV 3-12 Months		Increase ROM to full with passive stretching at end ranges	<p>Begin resisted IR/BE (isometrics/bands): isometrics → light bands → weights</p> <p>Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.</p> <p>Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.</p>