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ORTHOPAEDIC SURGERY | SPORTS MEDICINE

Rehabilitation Protocol: Anatomic Total Shoulder Arthroplasty and Shoulder Hemiarthroplasty

Phase I: 0-6 weeks

- Brace: Shoulder immobilizer always except during exercise & hygiene
- ROM:
> Active/passive elbow/wrist/hand ROM
> Weeks 0-2: No ROM except gentle passive home exercises
> Weeks 2-6: PROM to 130 FF, 30 ER at side. Abd max 75 without rotation.
No active IR/backwards extension x6 weeks for subscapularis repair healing.
- Weightbearing: Non- weightbearing
No resisted internal rotation/backwards extension until 12 weeks post-op.
Exercises:
Weeks 0-2:
- Pendulums
- Grip strengthening
- Elbow/wrist/hand ROM
- Active scapular retraction with arms in neutral position

Weeks 2-6:
- PROM in biceps flexion
- PROM goals as above

Canes/pulleys okay if advancing in PROM

Phase II: 6-12 weeks

- Brace: None
- ROM: progress to tolerance
- Weightbearing: <10 lbs.

Exercises:
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin AAROM → AROM
- Initiate active internal rotation and backwards extension but no resisted internal rotation/backwards extension until 12 weeks post-op.
- Begin light resisted ER/FF/Abd: isometrics and bands, concentric motions only
- Scapulothoracic strengthening (prone extension, prone T, etc.)
- Side lying ER against gravity.

Phase III: 3-12 months

- Brace: None
- ROM: full
- Weightbearing: as tolerated.
- Exercises:
- Continue to encourage smooth, natural movement patterns
- Develop home stretching program daily.
- Maximize strength and neuromuscular control.
- Begin resisted IR/BE (isometrics/bands): isometrics → light bands → weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.

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- Increase ROM to full with passive stretching at end ranges.
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

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