



The Orthopaedic & Fracture Clinic

Total Shoulder Replacement Rehabilitation Protocol

Phase I (0 – Three Weeks Post Op)

- PROM shoulder.
- AROM: elbow, forearm, wrist, and hand.

Range of Motion Goals:

- Forward flexion to 90 degrees.
- Abduction to 90 degrees.
- External rotation to 10 degrees arm at side.
- Internal rotation to 40 degrees.

Therapeutic Exercises:

- Grip strengthening, passive range of motion, Codman's exercises and elbow, wrist, hand AROM exercises.
- No resisted internal rotation or extension.

Phase II (Three – Six Weeks Post Op)

*May discontinue sling at three weeks.

Range of Motion Goals:

- Pulley/cane, AAROM.
- Forward flexion as tolerated.
- Abduction to 120 degrees without rotation.
- External rotation to 20 degrees at the patient's side.
- Internal rotation to 60 degrees.

Therapeutic Exercises:

- Passive to active assistive range of motion exercises, submaximal isometrics, external rotation, forward flexion and abduction.

Phase III (6 – 12 Weeks Post Op)

Range of Motion Goals:

- Increase ROM as tolerated. Begin active assistive/active internal rotation and extension as tolerated.

Therapeutic Exercises:

- Begin light external rotation, forward flexion and abduction. Concentric motions only. Continue with AAROM and AROM exercises.
- **No resisted internal rotation, extension, or scapular retraction.**

Phase IV (12 Weeks – 12 Months Post Op)

Range of Motion Goals:

- Progress to full motion without discomfort.

Therapeutic Exercises:

- Begin resisted internal rotation and extension exercises. Advance other strengthening exercises as tolerated maintaining light weight, high repetition activities.