

## Total Shoulder Replacement Rehabilitation Protocol

	Range of Motion	Immobilizer	Therapeutic Exercise
<b>Phase 1</b> <b>0-6 weeks</b>	Passive to active range of motion as tolerated* ROM Goals: 90 degrees forward flexion, 45 degrees abduction, neutral external rotation	Sling worn at all times except hygiene and exercises	Grip strengthening, pulleys/canes, elbow/wrist/hand active ROM – <b>NO</b> resisted internal rotation or extension
<b>Phase 2</b> <b>6-10 weeks</b>	Increase range of motion as tolerated, begin active assistive/active internal rotation and extension as tolerated	Use out of house as needed; not required	Begin light resisted external rotation, forward flexion, and abduction – concentric motions only, <b>NO</b> resisted internal rotation, extension, or scapular retraction
<b>Phase 3</b> <b>10 weeks to 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
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