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TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE*
PHASE I 0 - 6 weeks	Passive to active range as tolerated* ROM Goals: Week 1: 90 °forward flexion, 20 °external rotation at side, 75 °max abduction without rotation Week 2: 120 °forward flexion, 40 °external rotation at side, 75 °max abduction without rotation	Sling with abduction pillow for comfort	Grip strengthening, pulleys/canes, elbow/wrist/hand active ROM - NO resisted internal rotation or extension to protect subscapularis
PHASE II 6 - 12 weeks	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, NO resisted internal rotation, extension, or scapular retraction
PHASE III 12 weeks - 12 months	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**