

Total Shoulder Replacement Rehabilitation Protocol

	<u>RANGE OF MOTION</u>	<u>SLING</u>	<u>THERAPEUTIC EXERCISE</u>
PHASE I (0-4 WEEKS)	Passive to active range as tolerated ROM Goals: Week 1: 90° forward flexion, 30° external rotation, 90° abduction without rotation Week 2: 120° forward flexion, 40° external rotation, 100° abduction without rotation.	Worn for comfort 7-10 days, then discontinue.	Hand, elbow, wrist, pendulums, ball squeezes. No resisted rotation or extension.
PHASE II (4-8 WEEKS)	Increase to full range of motion as tolerated.	Discontinue	Begin light resisted external rotation, forward flexion and abduction, scapula stabilizing and light strengthening.
PHASE III (2-4 MONTHS)	Progress to full range of motion as tolerated.	Discontinue	Begin resisted internal rotation and extension exercises, advance strength training as tolerated, begin eccentric motions and closed chain activities.