

Shoulder Hemiarthroplasty and Total Shoulder Arthroplasty Rehabilitation Protocol

	Range of Motion	Immobilizer	Exercises
Phase 1 0-6 weeks	<p>Limit ER to passive 40° to protect subscapularis repair</p> <p>No active IR nor extension until 6 weeks</p> <p>Week 1: 120° FF/20° ER at side; ABD max 75° without rotation</p> <p>Week 2: 140° FF/40° ER at side; ABD max 75° without rotation</p>	<p>0-6 weeks: Worn at all times (day and night)</p> <p>Off for gentle exercise only</p>	<p>Grip strengthening, gentle pendulum exercises</p> <p>Active wrist/hand ROM at home</p> <p>Limit ER 40° passive</p> <p>PROM for elbow flexion</p> <p>No resisted internal rotation/backward extension until 12 weeks post-op</p> <p>Canes/pulleys may be used OK if advancing from PROM</p> <p>Heat before PT, ice after PT</p>
Phase 2 6-12 weeks	<p>Increase as tolerated to full</p> <p>Begin active assisted/active internal rotation and extension as tolerated after 6 weeks</p> <p>Gentle passive stretching at end ranges</p>	None	<p>Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only</p> <p>No resisted internal rotation/backwards extension until 12 weeks post-op</p> <p>No scapular retractions with bands</p>
Phase 3 3-12 months	Progress to full motion without discomfort	None	<p>Begin resisted IR/BE (isometrics/bands): isometrics with light bands and weights</p> <p>Advance strengthening as tolerated; 10 repetitions/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.</p> <p>Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.</p> <p>Progress strengthening and maximize subscapular stabilization</p>