

Shoulder Arthroplasty Rehabilitation Protocol

	Range of Motion	Immobilizer	Exercises
Phase 1 0-6 weeks	Flexion in scapular plane ok ER limited to 30° to protect subscapularis repair Passive IR to abdomen ok, but no active IR until 6 weeks No extension until 6 weeks	0-6 weeks: Worn at all times (day and night) Off for gentle exercise only	Grip strengthening, gentle pendulum exercises Active wrist/hand ROM at home Limit ER 30° passive PROM for elbow flexion No resisted internal rotation/backward extension until 12 weeks post-op Heat before PT, ice after PT
Phase 2 6-12 weeks	Increase as tolerated to full Begin active assisted/active internal rotation and extension as tolerated after 6 weeks Gentle passive stretching at end ranges	None	Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only No resisted internal rotation/backwards extension until 12 weeks post-op No scapular retractions with bands
Phase 3 3-12 months	Progress to full motion without discomfort	None	Begin resisted IR/BE (isometrics/bands): isometrics with light bands and weights Advance strengthening as tolerated; 10 repetitions/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers. Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks. Progress strengthening and maximize subscapular stabilization

Postoperative Management Summary:

-NWB, Ultrasling x 6 weeks except for passive ROM (flexion in scapular plane ok, no ER beyond 30 deg, no extension, no active IR) and active hand/wrist/elbow ROM.

-DC sling at 6 weeks and progress PT with unlimited PROM/AROM but no resistance.

-Resistance can begin at 3 months.

-Clinic f/u @ 2 weeks, 6 weeks, 3 months, 6 months, 1 year.