

## TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

	ROM	IMMOBILIZER	EXERCISES
<p><b>PHASE I</b> 0-4 weeks</p>	<p>Limit 45° passive ER to protect subscap repair</p> <p>FE progress as tolerated</p>	<p><b>0-2 weeks:</b> Worn at all times day and night</p> <p>Off for gentle exercise only</p> <p><b>2-4 weeks:</b> Worn daytime only</p>	<p><b>0-2 weeks:</b> Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home</p> <p><b>2-4 weeks:</b> Begin cuff, deltoid isometrics; closed chain scapula</p> <p>Limit ER to passive 45° to protect subscap repair, no active IR nor extension until 6 weeks</p>
<p><b>PHASE II</b> 4-12 weeks</p>	<p>Increase as tolerated</p> <p>Begin active/active- assisted IR and extension as tolerated after 6 weeks</p>	<p>None</p>	<p><b>4-8 weeks:</b> Begin light resisted ER, forward flexion and abduction; closed chain scapula</p> <p><b>8-12 weeks:</b> Begin resisted IR, extension and scapular retraction</p>
<p><b>PHASE III</b> 12-24 weeks</p>	<p>Progress to full without discomfort</p>	<p>None</p>	<p>Advance strength training as tolerated</p> <p>Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres</p> <p>Maximize scapular stabilization</p>