

Rehabilitation Protocol:  
Total Shoulder Replacement

**OMAR RAHMAN, MD, MBA**  
Orthopedic Surgeon | Sports Medicine  
ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-6)**

- Sling immobilization for first 4-6 weeks—out of sling to do home exercise program (pendulums) twice daily
- Range of Motion – PROM, AROM as tolerated except
  - **No Active Internal Rotation/Backwards Extension For 6 Weeks (Protect Subscapularis Repair)**
  - **Week 1 Goal:** 90° Forward Flexion, 20° External Rotation at the Side, Maximum 75° Abduction
  - **Week 2 Goal:** 120° Forward Flexion, 40° External Rotation at the Side, Maximum 75° Abduction
- Therapeutic Exercise
  - Grip Strengthening
  - Pulleys/Cane
  - Elbow/Wrist/Hand Exercises
  - Teach Home Exercises -- Pendulums
- Heat/Ice before and after PT sessions

**Phase II (Weeks 6-12)**

- Discontinue sling if still being worn
- Range of Motion –AAROM/AROM - increase as tolerated with gentle passive stretching at end ranges
  - Begin Active Internal Rotation and Backward Extension as tolerated Therapeutic Exercise
  - Begin light resisted exercises for Forward Flexion, External Rotation and Abduction – isometrics and bands – Concentric Motions Only
  - **No Resisted Internal Rotation, Backward Extension or Scapular Retraction**
- Modalities per PT discretion

**Phase III (Months 3-12)**

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercises
  - Begin resisted Internal Rotation and Backward Extension exercises
  - Advance strengthening as tolerated – Rotator Cuff, Deltoid and Scapular Stabilizers
  - Begin eccentric motions, plyometrics and closed chain exercises
- Modalities per PT discretion

Comments:

Frequency: 2-3 times per week

Duration: 6-8 weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_