

Rehabilitation Protocol: Anatomic Total Shoulder Arthroplasty and Shoulder Hemiarthroplasty

Phase I: 0-6 weeks

- Brace: Shoulder immobilizer always except during exercise & hygiene
- ROM:
 - > Active/passive elbow/wrist/hand ROM
 - > Weeks 0-2: No ROM except gentle passive home exercises
 - > Weeks 2-6: PROM to 130 FF, 30 ER at side. Abd max 75 without rotation.
- No active IR/backwards extension x6 weeks for subscapularis repair healing.
- Weightbearing: Non- weightbearing
- No resisted internal rotation/backwards extension until 12 weeks post-op.
- Exercises:
 - Weeks 0-2:
 - Pendulums
 - Grip strengthening
 - Elbow/wrist/hand ROM
 - Active scapular retraction with arms in neutral position
 - Weeks 2-6:
 - PROM in biceps flexion
 - PROM goals as above
- Canes/pulleys okay if advancing in PROM

Phase II: 6-12 weeks

- Brace: None
- ROM: progress to tolerance
- Weightbearing: <10 lbs.
- Exercises:
 - Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
 - Begin AAROM → AROM
 - Initiate active internal rotation and backwards extension but no resisted internal rotation/backwards extension until 12 weeks post-op.
 - Begin light resisted ER/FF/Abd: isometrics and bands, concentric motions only
 - Scapulothoracic strengthening (prone extension, prone T, etc.)
 - Side lying ER against gravity.

Phase III: 3-12 months

- Brace: None
- ROM: full
- Weightbearing: as tolerated.
- Exercises:
 - Continue to encourage smooth, natural movement patterns
 - Develop home stretching program daily.
 - Maximize strength and neuromuscular control.
 - Begin resisted IR/BE (isometrics/bands): isometrics → light bands → weights
 - Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.



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SPORTS MEDICINE & ORTHOPEDICS

- Increase ROM to full with passive stretching at end ranges.
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.