



TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

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