



Total Shoulder Replacement/ Hemiarthroplasty Protocol

Phase I: 0-6 Weeks

PROM to shoulder only; Sling x 4 weeks

- Flexion 0-90 degrees (0-2 Weeks)
- Flexion 0-120 degrees (2-4 Weeks) then gently progress as tolerated to full
- Abduction to 45 degrees
- External Rotation 0-25 degrees at 0 degrees abduction (4-6 Weeks)
- No Active Internal Rotation

Recommendations

- Cryotherapy - icing techniques or cold therapy device.
- AROM Exercises - elbow, wrist, & fingers - Ball squeezes as tolerated
- Monitor for edema in forearm, hand, and fingers.
- Scapular isometrics

Phase II: 6 to 10 Weeks

ROM (Active Assistive/Stretching to Active ROM Phase)

- Gradually return motion to all planes-PROM, AAROM, AROM
- Gentle stretching/Light IR stretching - DON'T exceed 50 degrees

Treatment

- Pendulums - with trunk as prime mover
- Wall walking with hands for forward flexion and elevation
- Biceps and Triceps Strengthening
- AAROM to shoulder
- Low level Scapular Strengthening
- Shoulder isometrics beginning sub-max
- Include aerobic exercise as patient's medical condition allows.

Phase III: 10 to 16 Weeks

AROM and Strengthening Phase

- Gradually restore full functional mobility
- Continue with end range stretching

Treatment

- Resisted rotator cuff and scapular stabilization program; progressing to TB and weights as able
- Continue aerobic training

Leslie B. Vidal, MD

Shoulder, Hip, Knee and Sports Medicine • The Steadman Clinic
181 West Meadow Drive #400, Vail, CO 81657 • (970) 476-1100