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Rehabilitation Protocol: Total Shoulder Replacement

Phase I (Weeks 04)

- Sting immobilization for first 4-6 weeks—out of sling to do home exercise program (pendulums) twice daily
- Range of Motion — PROM-→ AAROM-→ 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 Exercise
 - + 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 at 12 weeks
 - + Modalities per PT discretion