



REHABILITATION GUIDELINES  
TOTAL SHOULDER ARTHROPLASTY/HEMIARTHROPLASTY

**Phase I** Passive range of motion

Pendulums to warm up

**Phase II** Active range of motion with terminal stretch

Pendulums to warm up

**Phase III** Resisted plus continue Phase II

Pendulums to warm up

*SLING FOR 4 WEEKS INCLUDING SLEEP, THEN WEAN OFF AS TOLERATED*

PHASE 1: START IMMEDIATELY POST-OP

DOS:

External rotation to 30 degrees X 4 weeks

Scap stabilization

AROM elbow, wrist and hand

OK to use arm for light ADL's below shoulder level

**No internal rotation behind back; No extension behind plane of trunk**

PHASE 2: POD 29

DATE:

Wean from sling

Gradually progress AROM to full; light terminal stretch

Begin IR behind back

Limit lifting to one pound

Isometric strengthening forward flexion, external rotation, extension, and abduction

Shrugs, rows, scapular, protraction

PHASE 3: POD 43

DATE:

Begin after 6 weeks (POD #43)

Theraband strengthening (except subscapularis)

Light end range stretching

At two months post op: Initiate internal rotation strength with therabands

Light weight training OK at least 2 full months post op. Heavy lifting is discouraged- high rep, low total weight

Progress to stiffest theraband prior to initiating hand weight

**RETURN TO ACTIVITIES: COMPUTER: 2-3 WEEKS; GOLF: 3 MONTHS TO CHIP AND PUTT, 4 MONTHS TO FULL GAME; TENNIS: 4 MONTHS**