



14 Thomas Point Rd
Brunswick ME 04011
Phone (207) 442-0325
Fax (207) 443-4578

HEMI/TOTAL SHOULDER REPLACEMENT POST-OPERATIVE REHABILITATION PROGRAM

Phase One – Immediate Motion Phase (Week 0-4)

Goal: Increase passive range of motion
Decrease shoulder pain
Retard muscular atrophy

Exercises:

1. Brace or Sling with activity and sleeping (8 weeks)
2. No Active IR for 4 wks to protect subscapularis muscle
3. Passive Range of Motion
 - a. Flexion (90° to 120°)
 - b. ER in scapular plane (0-10°)
 - c. IR in scapular plane (30-50°)
4. Pendulum Exercises
5. Elbow/Wrist ROM
6. Gripping Exercises
7. Isometrics
 - a. Abductors/flexors
 - b. ER
 - c. Extension
8. AAROM (pulleys, cane)

Phase Two – Active Motion Phase (Week 4-8)

Goals: Improve shoulder strength
Improve Range of Motion
Decrease pain/inflammation
Increase Functional Activities

Exercises:

1. Submax Isometrics for IR until wk 8
2. Continue PROM in all planes as tolerated
3. May initiate gentle joint mobilizations if needed
4. Continue AAROM as tolerated
 - a. Flexion
 - b. ER NO EXTERNAL ROTATION BEYOND NEUTRAL 8 WEEKS
 - c. IR

5. AROM Exercises
 - a. Seated Flexion (45°-90°)
 - b. Supine Flexion (Full available range)
 - c. Seated abduction NO ABDUCTION 8 WEEKS
6. Initiate T-band exercises for ER
7. Initiate biceps/triceps strengthening
8. Initiate scapular stabilization

Phase Three – Strengthening Phase (Week 8-24)

Goals: Improve strength of shoulder musculature

Improve and gradually increase functional activities

Exercises:

1. Continue T-band strengthening for IR/ER throughout the scapular plane
2. May initiate heavier resistive strengthening for flexion, abduction, extension per patient tolerance
3. May initiate PNF strengthening per patient tolerance
4. Continue scapular/core stabilization
5. Continue PROM stretching
6. Continue gentle joint mobilization if needed

Phase Four – Return of Function Phase (Week 24+)

Goals: Improve functional strength

Return to functional activities

Patient should be on an independent home exercise programmed designed and customized by the PT for specified functional strengthening.