

Anatomic Shoulder Replacement Rehabilitation Protocol

Benedict Figuerres, MD
Orthopedic and Sports Medicine
kutopeka.com/ortho

	Range of motion	Immobilizer	Exercises
Phase I 0-4 weeks	<ul style="list-style-type: none"> Limit 45° passive ER to protect subscapularis repair Progress forward flexion as tolerated 	<ul style="list-style-type: none"> 0-2 weeks: Immobilized at all times day and night except for hygiene and gentle home exercises 2-4 weeks: Worn daytime only 	<ul style="list-style-type: none"> 0-2 weeks: Grip strengthening, pendulum exercises, elbow/wrist/hand range of motion at home 2-4 weeks: Begin cuff and deltoid isometrics, closed chain scapula Limit 45° passive ER and no active IR nor extension until 6 weeks to protect subscapularis repair
Phase II 4-12 weeks	<ul style="list-style-type: none"> Increase as tolerated Begin active/active-assisted IR and extension as tolerated after 6 weeks 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> 4-8 weeks: Begin light resisted ER, forward flexion and abduction Focus on anterior deltoid, teres 8-12 weeks: Begin resisted IR, extension, and scapular retraction
Phase III 12-24 weeks	<ul style="list-style-type: none"> Progress to full without discomfort 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Advance strength training as tolerated Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres Maximize scapular stabilization