

Ascension Borgess Orthopedics & Sports Medicine

Postop Rehabilitation

Total Shoulder Replacement (Anatomic)

Phase I (0-6 weeks)

Range of Motion: Limit ER 30°

Sling: Off for home exercises and hygiene.

Exercises: Elbow/wrist ROM. Grip. Pendulums, saws, table-slides 4x/d x 10min.

Restrictions: No lifting heavier than a coffee cup. No active IR.

Phase II (6-12 weeks)

Range of Motion: Begin active/active assisted ROM.

Sling: None

Exercises: Light deltoid/rotator cuff isometrics. Scapular stabilization. Light rotator cuff strengthening, biceps, triceps.

Restrictions: No aggressive stretching. No extended arm lifting. No ER >30°.

Phase III (3-5 months)

Range of Motion: Gradual return to full AROM.

Sling: None

Exercises: Scapular protraction/retraction. Functional rotator cuff strengthening. Anterior deltoid and teres strengthening.

Phase IV (5-8 months)

Range of Motion: Full and pain-free

Sling: None

Exercises: Scapular stabilization. Rotator cuff strengthening. Continue endurance. Return to full activity as tolerated.