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HEIDEN ORTHOPEDICS

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## TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
<b>PHASE I</b> 0-6 weeks	Passive to active range as tolerated* ROM goals: <b>Week 1:</b> 90° of forward flexion, 20° of external rotation at side, 75° max abduction without rotation <b>Week 2:</b> 120° of forward flexion, 40° of external rotation at side, 75° max abduction without rotation	Sling with abduction pillow for comfort	Grip strengthening, pulleys/canes, elbow/wrist/hand active ROM <b>NO resisted internal rotation or extension to protect subscapularis</b>
<b>PHASE II</b> 6-12 weeks	Increase ROM as tolerated, begin active assisted/active internal rotation and extension as tolerated	None	Begin light resisted external rotation, forward flexion, and abduction – concentric motions only <b>NO resisted internal rotation, extension or scapular retraction</b>
<b>PHASE III</b> 12 weeks - 12 months	Progress to full motion without discomfort	None	Begin resisted internal rotation and extension exercises, advance strength training as tolerated, begin eccentric motions and closed chain activities

\*NO active internal rotation or extension for 6 weeks post-operative