

SHOULDER RESURFACING & ARTHROPLASTY REHABILITATION

Post-Operative Physical Therapy Protocol

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| | RANGE OF MOTION | Sling/Cradle | THERAPEUTIC EXERCISE |
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| PHASE I 0-6 weeks | Passive to active range as tolerated* ROM goals: Week 1: 90° of forward flexion, 20° of external rotation at side, 75° max abduction without rotation Week 2: 120° of forward flexion, 40° of external rotation at side, 75° max abduction without rotation | Use when standing full time for 4 weeks. May remove to wash, dress and for exercise. May sleep without sling after first few days. | Grip strengthening, pulleys/canes, elbow/wrist/hand active ROM NO resisted internal rotation, forced extension or passive external rotation to protect subscapularis |
| PHASE II 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 Limited resisted internal rotation, |
| PHASE III 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 |