



JOSHUA ALPERT, MD

Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Shoulder-Total Shoulder Replacement

	Range of Motion	Sling	Exercises	Precautions
PHASE I 0-6 weeks No physical therapy.	None. No moving at the shoulder joint.	On at all times except for hygiene	Pendulum exercises at home, gentle elbow and wrist ROM at home.	- no lifting at the shoulder joint - Avoid external rotation to allow the subscapularis tendon to heal. - no weight bearing on the hand/wrist/elbow
PHASE II 6-12 weeks Physical therapy starts.	As tolerated	None	AROM and PROM of shoulder. No strengthening.	- no weight bearing on the hand/wrist/elbow
PHASE III 12-18 weeks	Progress to Full	None	Start strengthening of the shoulder as tolerated. Closed chain scapular rehab and functional rotator cuff strengthening. Focus on anterior deltoid and teres. Maximize scapular stabilization.	- no weight bearing on the hand/wrist/elbow
PHASE IV 18 weeks+	Full	None	Progress with strengthening and scapular stabilization.	- avoid weight bearing through the hand/wrist/elbow Ex: pushups, pushing up out of a chair, avoid using a walker etc.

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