



Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Shoulder - Total Shoulder Replacement
 Reverse 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. Progress to work conditioning.	- no weight bearing on the hand/wrist/elbow
PHASE IV 18 weeks+	Full	None	Progress with strengthening and scapular stabilization. Begin work conditioning.	- 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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