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Total Shoulder Replacement Protocol

PHASE ONE (0–4 Weeks)

Goals

- Decrease pain and inflammation
- Initiate limited ROM
- Patient education

Plan

- Immobilizer/ultra-sling removed only for exercise
- AROM of forearm, hand and wrist
- PROM limited to 30° shoulder abduction; IR 0-35°, ER 0-30° (at 30° shoulder abduction), flexion 0-90°
- Scapular strengthening
- Modalities PRN
- Aquatic therapy
- At two weeks: Begin isometric ER, IR, abduction

PHASE TWO (4–10 Weeks)

Goals

- Decrease pain and inflammation
- Increase ROM
- Increase strength

Plan

- Discontinue immobilizer/ultra-sling
- Continue AROM hand, wrist, elbow; Scapular strengthening
- Gentle active flexion and abduction
- Gentle resisted ER/IR with theraband
- Bicep/tricep strengthening
- PROM: NO passive abduction

- Joint mobilization – grade I and II
- At two weeks: Begin isometric ER, IR, abduction

Phase Three

Goals

- ROM WNL
- Increase strength
- Improve functional activities

Plan

- Continue scapular strengthening
- Continue strengthening with resistance IR, ER, bicep and tricep
- Resistance strengthening of abduction and supraspinatus; Continue progression of ROM
- Functional activity training