

## **TOTAL SHOULDER / HEMIARTHROPLASTY REHABILITATION PROTOCOL**

Patient:

Date of Surgery:

### 0 - 2 Weeks

- Pendulum exercises and Elbow/Hand/Wrist exercises
- Sling when not performing pendulums
- No ER > neutral
  - \*No active IR/extension for 6 weeks
  - \*No resisted IR for 12 weeks

### 2 - 6 Weeks

- Stage I – Active Assisted ROM
- Wean Sling between 4-6 weeks
  - \*No active IR/extension for 6 weeks
  - \*No resisted IR for 12 weeks

### 6 - 12 Weeks

- Stage II – Active ROM
- May begin light strengthening (therabands) at 8 weeks
  - \*No resisted IR for 12 weeks

### 12 - 16 Weeks

- Stage III – Advanced Strengthening
- May begin resisted IR

### 4 - 6 Months

- Gradual return to activities and recreation
- Golf
  - begin putting/chipping at 12 weeks
  - progress wedges → full swing 1-2 months

Special Instructions/Modifications to Protocol:

**PLEASE SEE RE: REHAB as per PROTOCOL  
THANK YOU!**