



Total Shoulder Replacement Rehabilitation

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PHASE I

0-6 weeks

AROM elbow/wrist/hand 5x/day

Codman/isometric deltoid strength/grip strength

PROM shoulder

Passive supine elevation to 90° by 4 weeks, 120° by 6 weeks

External rotation at side to 30°

No active IR or extension

Sling for comfort ~ 6 weeks

PHASE II

6-12 weeks

Increase AAROM/AROM of shoulder as tolerated

Full external rotation

Begin active assist/active IR and extension

No resisted IR, extension, or scapular retraction

No forceful stretching

PHASE III

12 weeks – 12 months

ROM as tolerated, work on residual deficits

Begin resisted IR and extension

Scapular stabilizer strengthening

Full strengthening using resistance to achieve functional goals

Functional and activity related drills for coordination and proprioception

90 % recovery by 6 months post-op, full recovery at 1 year



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