

# Total Shoulder & Hemiarthroplasty Protocol



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_ Frequency: \_\_\_\_\_ times per week | Duration: \_\_\_\_\_ weeks

## Week 1:

- » Patient to do home exercises give post-op (elbow ROM, wrist ROM, grip strengthening)
- » Sling for 4 weeks, except for exercise and bathing

## Weeks 2-6:

- » PROM → AAROM → AROM as tolerated, except active IR/backwards extension for 6 weeks
- » ROM goals: Week 2: 120° FF/40° ER at side; ABD max 75° without rotation
- » No resisted internal rotation/backward extension until 6 weeks post-op
- » Grip strengthening
- » Canes/pulleys if advancing from PROM
- » Heat before PT, ice after PT

## Weeks 6-12:

- » Begin AAROM → AROM for internal rotation and backwards extension as tolerated, if not already begun
- » Increase ROM as tolerated with gentle passive stretching at end ranges
- » Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only

## Months 3-12:

- » Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers
- » Increase ROM to full with passive stretching at end ranges
- » Begin eccentric strengthening, plyometrics, and closed chain exercises at 12 weeks

## Additional:

- Teach HEP
- Work Hardening/Work Conditioning
- Functional Capacity Evaluation

## Modalities:

- Ice or cryotherapy before/after
- Heat before/after
- Electric Stimulation
- TENS
- Ultrasound
- Trigger points massage
- Dry needling
- Therapist's discretion

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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**Want to learn more?** Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at [anthonyromeomd.com](http://anthonyromeomd.com). →

