



GOLDEN STATE ORTHOPEDICS & SPINE

TOTAL SHOULDER & HEMIARTHROPLASTY REHABILITATION PROGRAM

STAGE 1: WEEKS 0-2:

- Sling to be used for 4 weeks, may remove for the following activities:
- Passive stretching exercises
 - Forward elevation with assistance of non-operative hand
 - ER to 30°
 - IR
 - Codman's Exercises
- Isometric strengthening
 - ER and Deltoid isometrics
- Pulley exercises
 - Supine flexion with neutral rotation
- Active elbow, wrist and hand ROM exercises
- Scapulothoracic exercises
- No resisted subscapularis exercises/IR
- May remove sling for bathing and exercises only

STAGE 2: WEEKS 2-4:

- Begin pool exercise program, in addition to previous exercises
- Begin AAROM exercises: Assisted forward elevation as tolerated and ER to 30°
- May begin assisted horizontal adduction and abduction exercises
- May remove sling for bathing and exercises only

STAGE 3: WEEKS 4-6:

- May discontinue use of sling while indoors, use outdoors. as needed
- Continue with AAROM and passive stretching (FE, IR, ER to 30°)

STAGE 4: WEEKS 6-12:

- Progress to active FE when standing
- Add isometric IR exercises
- Gradually increase ER to maximum achieved in O.R.
- Wear sling as needed when in a store or while traveling (to prevent lifting bags)
- Begin gentle strengthening exercises: IR and ER against resistance is permitted

STAGE 5: MONTHS 3-6:

- Advanced strengthening exercises with weight
- Return to light sports activities as tolerated (i.e. Golf, tennis)



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