

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: _____

Want to learn more? Find relevant videos, animations, and research material by orthopaedic surgeon Dr. Anthony Romeo at **anthonyromeomd.com**. ➔

