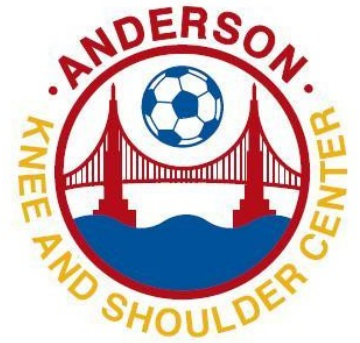


Rehabilitation Protocol

Dr. Sara Edwards

TOTAL SHOULDER ARTHROPLASTY/HEMIARTHROPLASTY

No external rotation beyond neutral for the first 6 weeks.



WEEK 1-6

External rotation to neutral

Supine active assisted forward elevation to 130 degrees

WEEK 6-12

Active assisted external rotation to 40 degrees

Supine and seated forward elevation to full

Internal Rotation- gradually increase to full as tolerated

Progressive supine press

Scapular mobilization

WEEK 12-16

Strengthening

Return to Activities

Computer tasks- as soon as tolerated.

Golf- 3 months

Tennis- 4 months

Skiing- 4 months