

SHOULDER RESURFACING & ARTHROPLASTY REHABILITATION

Post-Operative Physical Therapy Protocol

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	RANGE OF MOTION	Sling/Cradle	THERAPEUTIC EXERCISE
PHASE I 0-6 weeks	Passive to active range as tolerated* ROM goals: Week 1: 90° of forward flexion, 20° of external rotation at side, 75° max abduction without rotation Week 2: 120° of forward flexion, 40° of external rotation at side, 75° max abduction without rotation	Use when standing full time for 4 weeks. May remove to wash, dress and for exercise. May sleep without sling after first few days.	Grip strengthening, pulleys/canes, elbow/wrist/hand active ROM NO resisted internal rotation, forced extension or passive external rotation to protect subscapularis
PHASE II 6-12 weeks	Increase ROM as tolerated, begin active assisted/active internal rotation and extension as tolerated	None	Begin light resisted external rotation, forward flexion, and abduction – concentric motions only Limited resisted internal rotation,
PHASE III 12 weeks - 12 months	Progress to full motion without discomfort	None	Begin resisted internal rotation and extension exercises, advance strength training as tolerated, begin eccentric motions and closed chain activities