

**TOTAL SHOULDER / HEMIARTHROPLASTY
REHABILITATION PROTOCOL FOR MR SAITHNA'S PATIENTS**

LABEL:

DATE OF SURGERY: _____

0 - 2 Weeks:

Elbow/hand/wrist
Pendulum exercises - Sling when not performing pendulums
No ER > neutral

2 - 6 Weeks:

Stage I – Active Assisted ROM
No ER > 0 for 6 weeks
No active IR for 6 weeks
Wean sling between 4 – 6 weeks

6 - 12 Weeks:

Stage II – Active ROM
No resisted IR for 12 weeks
May begin light strengthening
(therabands) at 8 weeks

12 Weeks:

Stage III – Advanced Strengthening
may begin resisted IR

4-6 Months:

Gradual return to activities/recreation
Golf: begin putting/chipping at 12 weeks
progress wedges → full swing over 1 – 2 months