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Physiotherapy protocol: Total/Hemi Shoulder Replacement

Weeks 1-6:

- Sling for 6 weeks
- No active IR /hand behind back / backwards extension for 6 weeks (so as to protect the subscapularis repair.) .
- PROM → AAROM
- Pendular exercises
- ROM goals: Week 1: 90° FE/ 0° ER at side; ABD max 75° without rotation
- ROM goals: Week 3: 120° FE/ 15° ER at side increasing to 30° by week 6; ABD max 75° without rotation
- No resisted internal rotation/backward extension until 12 weeks post-op
- Canes/pulleys OK 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.
- Goals: Increase ROM as tolerated with gentle passive stretching at end ranges
- Begin light resisted ER/FE/ABD: isometrics and bands, concentric motions only
- No resisted internal rotation/backwards extension until 12 weeks post-op
- No scapular retractions with bands yet

Months 3-12:

- Begin resisted IR/ER (isometrics/bands): isometrics → light bands → weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions and closed chain exercises at 12 weeks.

Comments: