

Shoulder Arthroplasty Rehabilitation Program

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- POD1 to 6 weeks – AA/PROM only
 - Sling on at all times except during therapy or bathing
 - Forward elevation – in the plane of the scapula as tolerated, up to 90 °
 - Internal rotation, with upper arm at side, to chest
 - External rotation, with upper arm at side, 0-20 degrees
 - AA→AROM for elbow, wrist, and hand
- 6-12 weeks – continue AA/PROM
 - Sling is removed unless otherwise specified by MD
 - Forward elevation to full
 - External rotation to 30 °
 - Wand and overhead pulley
 - Isometric strengthening for flexion, extension, external rotation, and abduction in neutral position only
- At 12 weeks – start AROM/strengthening
 - Continue AROM, stretches, and Theraband strengthening
 - Progress strengthening
 - Progress to home program