



Mid-America Orthopedics

Dr. Justin Strickland

1824 E. James, Derby, KS 67037 – (316) 630-9300

Total Shoulder Replacement Protocol

Weeks 0-2:

- **PROM:**
 - Flexion: 0-90 degrees
 - Abduction: 0-90 degrees
 - External Rotation 0 degrees
 - Internal Rotation: as tolerated
- **Sling:** Pillow
Wear continuously.

Weeks 3-6:

- **PROM:**
 - Flexion: progress as tolerated
 - Abduction: progress as tolerated
 - External Rotation: remain protected at 0° ER
- **Sling:**
Wear continuously

Weeks 6-11:

- **ROM:**
 - Begin AAROM
 - Begin AROM as tolerated
 - PROM-continue with full ROM in flex, abd and IR
 - Progress ER to 30 degrees
- **Sling:**
Discontinue sling at week 6
- **Strengthening:**
 - May begin isometrics at week 6
 - Progress to isotonics at week 8

Weeks 12+:

- **Strength:**
Progress strengthening as tolerated
- **ROM:**
Progress to full ROM in all planes
Continue to advance AAROM and AROM working on eliminating compensation.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.

rev 04/2019