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## **TOTAL SHOULDER AND HEMIARTHROPLASTY - Rehabilitation Protocol**

### **Rehab Progression Summary:**

0-2 weeks	Passive ROM
2-4 weeks	Passive ROM gradually progress to AAROM as indicated by patient progress*
6-12 weeks	AROM to gentle strength progression
12+ weeks	Strength progression / pre-sport activities
* If a biceps tenodesis was done with the TSA, no active bicep contraction for 6 weeks	

### **Immobilization**

Sling will be placed in operating room. Use sling at all times for 4 weeks (use in public for 6 weeks). Wean from sling weeks 4-5.

### **Immediate post-op period (Week 0-2)**

ROM Guidelines: Limit ER to 20 degrees. Forward flexion as tolerated.

#### Treatment Strategies:

- Passive ROM stretching activities:
  - Forward elevation with complete assistance of non-operative hand.
  - Pendulum swings
  - Pulley
  - PROM by therapist
- Submaximal isometrics (ER, abd, ext only)
- Active elbow, wrist, hand exercises
- Scapulothoracic range of motion

### **Early post-op period (Week 2-4)**

ROM Guidelines: Limit ER to 30 degrees, forward flexion as tolerated.

#### Treatment Strategies:

- Continue PROM and above exercises.
- Begin AAROM exercises (within ROM guidelines)
  - May begin AAROM horizontal adduction and abduction exercise.
- Remove sling for bathing and exercise only.

### **Week 4-6**

ROM Guidelines: Limit ER to 45 degrees. All other motions as tolerated.

#### Treatment Strategies:

- Continue with PROM, AAROM exercise as needed for ROM.
- Add isometric flexion and IR

### **Week 6-12**

ROM Guidelines: Gradually increase external rotation to maximum achieved in OR.

#### Treatment Strategies:

- Progress to AROM in all ranges as determined safe by therapist.
- Gradually progress to gentle strengthening exercises. IR/ER against resistance is permitted.

### **3-6 Months**

- Advance strengthening exercise as tolerated.
- Return to light sports activities as tolerated. (golf, tennis)