



Physical Therapy Protocol –Total Shoulder Arthroplasty or Shoulder Hemiarthroplasty

	Immobilizer	Range of Motion	Therapy
Phase I 0-6 weeks	Worn at all times except for therapy and hygiene.	<ul style="list-style-type: none">• Limit: 30° passive ER to protect subscapularis repair.• FF progress as tolerated.• No active extension or internal rotation until 6 weeks.	<ul style="list-style-type: none">• Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home.• 2-6 weeks: Begin cuff, deltoid isometrics.• Modalities: heat before, ice after.
Phase II 6-12 weeks	Discontinue at 6 weeks	Increase as tolerated.	<ul style="list-style-type: none">• Begin light resisted ER, forward flexion and abduction.• Focus on Anterior deltoid, teres.• No resisted IR, extension.
Phase III 3-6 months	None	Progress to full active motion. No restrictions.	<ul style="list-style-type: none">• Advance strength training as tolerated.• Add resisted extension and internal rotation.• Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres.• Scapular stabilization.
Phase IV 6-12 months	None	Full painless motion.	<ul style="list-style-type: none">• Continue to advance strength and return to prior activity level..• Home exercise program.