



TOTAL SHOULDER REPLACEMENT AND HEMIARTHROPLASTY POST-OP REHABILITATION

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PHASE I – (2ND Day – 4th Week Post Op)

2 – 5 Days Post Op

- A) Early passive ROMs and active assisted ROMs
 - 1) Supine position
 - a) forward elevation passive and assisted
 - b) external rotation with arm at the side

5 Days – 4 Weeks

- A) Continue above ROMs
- B) Continue above ROMs
- C) Pendulum exercises
- D) Assisted extension
- E) Assisted internal rotation (posterior to trunk)
- F) Assisted external rotation (arms clasped behind neck)

3rd Week - Start Isometrics

- A) External rotation
- B) Internal rotation
- C) Extensors, flexors, abductors

PHASE II – (4-6 Weeks to 3 Months) – Active Exercise Program

- A) Supine forward elevation
- B) Standing forward elevation
- C) Continue rotational exercises
- D) Controlled self-stretching

6th Week

- A) Convert isometrics to resistance exercises – (use various grades of elastic tubing)
- B) Strengthen in internal rotation, external rotation, forward flexion, abduction and extension

PHASE III – (After 3 Months)

- A) Residual deficiencies in ROMs and strength can be addressed by stretching and continued strengthening
- B) Light weights or progressive resistance tubing for strengthening is used