***TOTAL SHOULDER / HEMIARTHROPLASTY***

***REHABILITATION PROTOCOL FOR MR SAITHNA’S PATIENTS***

LABEL:

DATE OF SURGERY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**0 - 2 Weeks:**

Elbow/hand/wrist

Pendulum exercises - Sling when not performing pendulums

No ER > neutral

**2 - 6 Weeks:**

Stage I – Active Assisted ROM

No ER > 0 for 6 weeks

No active IR for 6 weeks

Wean sling between 4 – 6 weeks

**6 - 12 Weeks:**

Stage II – Active ROM

No resisted IR for 12 weeks

May begin light strengthening

(therabands) at 8 weeks

**12 Weeks:**

Stage III – Advanced Strengthening

may begin resisted IR

**4-6 Months:**

Gradual return to activities/recreation

Golf: begin putting/chipping at 12 weeks

progress wedges → full swing over 1 – 2 months