***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