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**Total Shoulder Replacement Protocol**

**Weeks 0-2:**

- **PROM:**
  - Flexion: 0-90 degrees
  - Abduction: 0-90 degrees
  - External Rotation 0 degrees
  - Internal Rotation: as tolerated
- **Sling:** Pillow  
Wear continuously.

**Weeks 3-6:**

- **PROM:**
  - Flexion: progress as tolerated
  - Abduction: progress as tolerated
  - External Rotation: remain protected at 0° ER
- **Sling:**  
Wear continuously

**Weeks 6-11:**

- **ROM:**
  - Begin AAROM
  - Begin AROM as tolerated
  - PROM-continue with full ROM in flex, abd and IR
  - Progress ER to 30 degrees
- **Sling:**  
Discontinue sling at week 6
- **Strengthening:**
  - May begin isometrics at week 6
  - Progress to isotonics at week 8

**Weeks 12+:**

- **Strength:**  
Progress strengthening as tolerated
- **ROM:**  
Progress to full ROM in all planes  
Continue to advance AAROM and AROM working on eliminating compensation.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 219-8299.

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