

**Christian A. Cruz, MD**  
 Sports Medicine and Shoulder Surgery  
 Team Physician USC Athletics and LA Kings  
**Cellular:** 215-498-0653  
**Email:** christiancruzmd@gmail.com  
**Website:** christiancruzmd.com



## TOTAL SHOULDER REPLACEMENT REHABILITATION PROTOCOL

	ROM	IMMOBILIZER	EXERCISES
<b>PHASE I</b> 0-4 weeks	Limit 45° passive ER to protect subscap repair  FE progress as tolerated	<b>0-2 weeks:</b> Worn at all times day and night  Off for gentle exercise only  <b>2-4 weeks:</b> Worn daytime only	<b>0-2 weeks:</b> Grip strengthening, pendulum exercises, elbow/wrist/hand ROM at home  <b>2-4 weeks:</b> Begin cuff, deltoid isometrics; closed chain scapula  Limit ER to passive 45° to protect subscap repair, no active IR nor extension until 6 weeks
<b>PHASE II</b> 4-12 weeks	Increase as tolerated  Begin active/active-assisted IR and extension as tolerated after 6 weeks	None	<b>4-8 weeks:</b> Begin light resisted ER, forward flexion and abduction; closed chain scapula  <b>8-12 weeks:</b> Begin resisted IR, extension and scapular retraction
<b>PHASE III</b> 12-24 weeks	Progress to full without discomfort	None	Advance strength training as tolerated  Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres  Maximize scapular stabilization