



---

## **Shoulder Hemiarthroplasty Procedure Rehabilitation Protocol**

### **PHASE I (0-4 WEEKS):**

#### **ROM:**

- Limit ER to passive 45° to protect subscap repair
- PROM FE to 135, Abduction to 90, ABER 45, ABIR 30
- No active IR nor extension until 6 weeks

#### **Immobilizer:**

- 0-2 weeks:
  - Worn at all times (day and night)
  - Off for gentle exercise only
- 2-4 weeks:
  - Worn daytime only

#### **Exercises:**

- 0-2 weeks:
  - Grip strengthening, pendulum exercises
  - Elbow/wrist/hand ROM at home
- 2-4 weeks:
  - Begin cuff and deltoid isometrics; limit ER 45° passive
  - Supine, upright PROM
  - Modalities

### **PHASE II (4-12 WEEKS):**

#### **ROM:**

- Increase as tolerated to full
- Begin active assisted/active internal rotation and extension as tolerated after 6 weeks

#### **Immobilizer:**

- None



**Exercises:**

- 6-8 weeks:
  - Begin light resisted ER, forward flexion and abduction, active IR.
- 8-12 weeks:
  - Begin resisted internal rotation, extension and scapular retraction

**PHASE III (12-24 WEEKS):**

**ROM:**

- Progress to full motion without discomfort

**Immobilizer:**

- None

**Exercises:**

- Advance strengthening as tolerated
- Closed chain scapular rehab and functional rotator cuff strengthening
  - focus on anterior deltoid and teres
- Maximize subscapular stabilization